

JANUARY 2023

Vinalhaven School

BREAKFAST



School Information:

No School 1/2
Early Release 1/13
No School 1/16



Nutrition Tip: Happy New Year! If you made a food resolution turn it into a real solution by teaming up with a friend and celebrating your success along the way.

Reference: USDA MyPlate

MONDAY

No School

2

TUESDAY

Donuts

3

WEDNESDAY

Cereal

4

THURSDAY

Breakfast Sandwiches

5

FRIDAY

Bagels

6

Cereal

9

Yogurt Parfaits

10

Breakfast Sandwiches

11

Donuts

12

Cereal

13

Early Release @ 12

No School

16

Pancakes

17

Cereal

18

Yogurt Parfaits

19

Blueberry Bread

20

Cereal

23

Breakfast Sandwiches

24

Yogurt Parfaits

25

Muffins

26

Bagels

27

Cereal

30

Bagels

31

