



Fox Valley Lutheran High School Breakfast Menu



January
2012



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 NATIONAL OATMEAL MONTH</p> <p>No School</p>	<p>3</p> <p>Warm Cinnamon Breakfast Cookies OR Assorted Cereals with Toast</p> <p>Juice or Fruit Milk</p>	<p>4</p> <p>Egg Muffin Sandwich OR Assorted Cereals with Toast</p> <p>Juice or Fruit Milk</p>	<p>5</p> <p>Waffle Sticks with Maple Syrup and Yogurt OR Assorted Cereals with Toast</p> <p>Juice or Fruit Milk</p>	<p>6</p> <p>Iced Cinnamon Roll OR Assorted Cereals with Toast</p> <p>Juice or Fruit Milk</p>
<p>9</p> <p>Pancake on a Stick with Maple Syrup OR Assorted Cereals with Toast</p> <p>Juice or Fruit Milk</p>	<p>10</p> <p>Chocolate Chip Banana Bread OR Assorted Cereals with Toast</p> <p>Juice or Fruit Milk</p>	<p>11</p> <p>Cheese and Sausage Biscuit OR Assorted Cereals with Toast</p> <p>Juice or Fruit Milk</p>	<p>12</p> <p>Cheese Omelet with Toast OR Assorted Cereals with Toast</p> <p>Juice or Fruit Milk</p>	<p>13 FRIDAY THE 13TH</p> <p>Iced Cinnamon Roll OR Assorted Cereals with Toast</p> <p>Juice or Fruit Milk</p>
<p>16 MARTIN LUTHER KING, JR. DAY</p> <p>No School</p>	<p>17</p> <p>Warm Cinnamon Breakfast Cookies OR Assorted Cereals with Toast</p> <p>Juice or Fruit Milk</p>	<p>18 WINNIE THE POOH DAY</p> <p>Egg Muffin Sandwich OR Assorted Cereals with Toast</p> <p>Juice or Fruit Milk</p>	<p>19 NATIONAL POPCORN DAY</p> <p>Waffle Sticks with Maple Syrup and Yogurt OR Assorted Cereals with Toast</p> <p>Juice or Fruit Milk</p>	<p>20</p> <p>Iced Cinnamon Roll OR Assorted Cereals with Toast</p> <p>Juice or Fruit Milk</p>
<p>23 CHINESE NEW YEAR</p> <p>Pancake on a Stick with Maple Syrup OR Assorted Cereals with Toast</p> <p>Juice or Fruit Milk</p>	<p>24</p> <p>Chocolate Chip Banana Bread OR Assorted Cereals with Toast</p> <p>Juice or Fruit Milk</p>	<p>25</p> <p>Cheese and Sausage Biscuit OR Assorted Cereals with Toast</p> <p>Juice or Fruit Milk</p>	<p>26</p> <p>Cheese Omelet with Toast OR Assorted Cereals with Toast</p> <p>Juice or Fruit Milk</p>	<p>27</p> <p>Iced Cinnamon Roll OR Assorted Cereals with Toast</p> <p>Juice or Fruit Milk</p>
<p>30</p> <p>Egg and Bacon Breakfast Pizza OR Assorted Cereals with Toast</p> <p>Juice or Fruit Milk</p>	<p>31</p> <p>Warm Cinnamon Breakfast Cookies OR Assorted Cereals with Toast</p> <p>Juice or Fruit Milk</p>		<p>JANUARY</p> <p>HARVEST OF THE MONTH Clementine</p> <p>Acorn Squash</p> <p>Brown Rice</p>	<p>Free & Reduced-meal forms can be obtained from all building offices at any time throughout the school year.</p>



More than any other meal, breakfast is an investment in good health.

Eating in the morning helps you stay focused and energized through busy days.

Power Up with Breakfast!

No time to eat at home?
Join us for breakfast at school.



A clementine is a variety of mandarin orange, so named in 1902. The exterior is a deep orange color with a smooth, glossy appearance. Clementines can be separated into seven to fourteen segments. They tend to be very easy to peel, like a tangerine, but are almost always seedless. For this reason they are sometimes known as seedless tangerines. They are typically juicy and sweet, with less acid than oranges.

BREAKFAST PRICES

Student	\$1.75
Reduced	\$0.30
Adult	\$2.00
Additional Milk	\$0.35
Breakfast Sandwich	\$1.50

To check the balance in your account or for additional information, contact:
Rae Deadman, FSD
920-560-5180
rdeadman@fvlhs.org

Menus are subject to change without notice.

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Milk Choice of 1%, Skim and 1% Chocolate is included with Breakfast