

JANUARY 2024

Cascade Public Schools

BREAKFAST



School Information: Type your school information here.



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

1

TUESDAY

NO SCHOOL

2

WEDNESDAY

Breakfast Burrito

3

THURSDAY

Little John

4

FRIDAY

5

Mini Cini

8

Scrambled Eggs
Hashbrown

9

Biscuits and Sausage
Gravy

10

French Toast Sticks

11

12

National Milk Day

Pancakes
Bacon

15

Apple Fritter

16

Ham and Scrambled
Eggs

17

Cinnamon Roll

18

19

Breakfast Pizza

22

Sausage, Egg and
Cheese on a Muffin

23

Cereal or Bagel

24

Little John

25

26

**National Compliment
Day**

Mini Bagels and Cream
Cheese

29

Waffles
Sausage links

30

Canadian Bacon, Egg,
and Cheese Croissant

31

