

# January 2019

## Cumberland County Schools

### BREAKFAST

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Alternate choices are offered daily at all 3 schools including a variety of WG cereals, WG Pop Tarts and other WG breakfast items. Head Start and Little Panthers are only offered cereal with 6 grams of sugar or less and no Pop Tarts are served to them. Head Start and Little Panthers receive only 1% white milk-no flavored milk. Parfaits are offered on Tuesdays at CCES and Smoothies on Thursdays. Smoothies are offered on Tuesdays and Thursdays at CCHS.

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday



NO SCHOOL

1

WG Breakfast Pizza  
Fruit  
Milk

2

WG Chicken  
Biscuit  
Fruit  
Milk

3

Green Peppers  
Diced Breakfast Potatoes  
Biscuit  
Gravy (white and chocolate)  
Fruit  
Milk

4

Sausage  
Biscuit  
Fruit  
Milk

7

WG Chicken  
WG Pancakes  
Fruit  
Milk

8

WG Breakfast Pizza  
Fruit  
Milk

9

WG Chicken  
Biscuit  
Fruit  
Milk

10

Green Peppers  
Diced Breakfast Potatoes  
Biscuit  
Gravy (white and chocolate)  
Fruit  
Milk

11

Sausage  
Biscuit  
Fruit  
Milk

14

WG Chicken  
WG Pancakes  
Fruit  
Milk

15

WG Breakfast Pizza  
Fruit  
Milk

16

NO SCHOOL

17

NO SCHOOL

18

NO SCHOOL

Martin Luther King Jr. Day

21

WG Chicken  
WG Pancakes  
Fruit  
Milk

22

WG Breakfast Pizza  
Fruit  
Milk

23

WG Chicken  
Biscuit  
Fruit  
Milk

24

Green Peppers  
Diced Breakfast Potatoes  
Biscuit  
Gravy (white and chocolate)  
Fruit  
Milk

25

Sausage  
Biscuit  
Fruit  
Milk

28

WG Chicken  
WG Pancakes  
Fruit  
Milk

29

WG Breakfast Pizza  
Fruit  
Milk

30

WG Chicken  
Biscuit  
Fruit  
Milk

31

