

SCCPSS JANUARY BREAKFAST MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1 Jan. 4-8 Staff Planning Day		Cereal & Grahams 100% Fruit Juice 1/2 Cup Fruit Choice Choice of Milk	Muffin & Cheese Stick 100% Fruit Juice 1/2 Cup Fruit Choice Choice of Milk	Cereal & Grahams 100% Fruit Juice 1/2 Cup Fruit Choice Choice of Milk	French Toast Sticks 100% Fruit Juice 1/2 Cup Fruit Choice Choice of Milk
WEEK 2 Jan. 11-15	Apple Frudel 100% Fruit Juice 1/2 Cup Fruit Choice Choice of Milk	Cereal & Grahams 100% Fruit Juice 1/2 Cup Fruit Choice Choice of Milk	Mini Cinnis 100% Fruit Juice 1/2 Cup Fruit Choice Choice of Milk	Cereal & Grahams 100% Fruit Juice 1/2 Cup Fruit Choice Choice of Milk	Pumpkin Bread 100% Fruit Juice 1/2 Cup Fruit Choice Choice of Milk
WEEK 3 Jan. 18-22 MLK Jr. Holiday		Grape Filled Crescent Roll 100% Fruit Juice 1/2 Cup Fruit Choice Choice of Milk	Sweet Potato Cinnamon Roll 100% Fruit Juice 1/2 Cup Fruit Choice Choice of Milk	Cinnamon Toast Crunch Soft Baked Cereal Bar 100% Fruit Juice 1/2 Cup Fruit Choice Choice of Milk	Pop Tarts 100% Fruit Juice 1/2 Cup Fruit Choice Choice of Milk
WEEK 4 Jan. 25-29	Yogurt & Gripz Grahams 100% Fruit Juice 1/2 Cup Fruit Choice Choice of Milk	Cereal & Grahams 100% Fruit Juice 1/2 Cup Fruit Choice Choice of Milk	Muffin & Cheese Stick 100% Fruit Juice 1/2 Cup Fruit Choice Choice of Milk	Cereal & Grahams 100% Fruit Juice 1/2 Cup Fruit Choice Choice of Milk	French Toast Sticks 100% Fruit Juice 1/2 Cup Fruit Choice Choice of Milk

*This institution is an equal opportunity provider.
 Menu subject to change based on supplier availability. Contact your school cafeteria for their exact offerings.*

SCCPSS JANUARY LUNCH MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1 Jan. 4-8 Staff Planning Day		Catfish Grits Corn Warm Cinnamon Apples Choice of Milk	Chicken Brioche Sandwich Buttered Carrots Blueberry Crisp Choice of Milk	Oven Fried Chicken Breadstick Savannah Red Rice Turnip Greens Strawberry Cup Choice of Milk	Turkey & Rice Garlic Toast Black-Eyed Peas Sliced Peaches Choice of Milk
WEEK 2 Jan. 11-15 Philly Chicken Sandwich Kit Collard Greens Apple Slices Choice of Milk	Loaded Mashed Potato Biscuit Lima Beans Pears & Cherries Choice of Milk	Deli Sandwich Goldfish Celery Sticks w/ Ranch Grapefruit Choice of Milk	BBQ Sandwich Baked Beans Strawberry Cup Choice of Milk	Chicken Tenders w/ Roll Macaroni & Cheese Sweet Peas Sour Raisins Choice of Milk	
WEEK 3 Jan. 18-22 MLK Jr. Holiday	Cheeseburger Tater Tots Applesauce Choice of Milk	Deli Sandwich Goldfish Bean Dip & Baby Carrots Peach Cup Choice of Milk	Chicken Scampi & Breadstick Green Beans Apricot Cup Choice of Milk	Kielbasa Dog Herbed Broccoli Strawberry Cup Choice of Milk	
WEEK 4 Jan. 25-29 Brunswick Stew Garlic Knot Black-Eyed Peas Apple Slices Choice of Milk	Oven Fried Chicken Savannah Red Rice Turnip Greens Strawberry Cup Choice of Milk	Cheesy Breadsticks w/ Marinara Breaded Okra Honey Roasted Broccoli Cool Tropics Fruit Slush Choice of Milk	Catfish Grits Corn Pears & Cherries Choice of Milk	Chili Rice Breadstick Buttered Carrots Peach & Pear Compote Choice of Milk	

BREAKFAST AND LUNCH MEALS ARE FREE FOR ALL STUDENTS.

**View the SCCPSS website for bus routes and days of delivery by location if you are learning virtually.*

**All students in schools for in person learning will be offered breakfast and lunch during the school day. Meals will be pre-packaged and eaten in the classroom.*

This institution is an equal opportunity provider.

Menu subject to change based on supplier availability. Contact your school cafeteria for their exact offerings.

Harvest of the Month: Greens

- ⇒ Collards, mustards and turnips are all part of the Brassicaceae family.
- ⇒ Greens are a nutrition powerhouse: great source of vitamins K, A and C.
- ⇒ Collards are sweet, mustards are peppery, and turnips are a nice mix of the two.
- ⇒ Turnip greens include an edible root– the turnip!
- ⇒ December-March is the peak time for local greens.

**COLLARD,
COLLARD
greens
y'all**

#FuelingGA

