

January 2020

LIBERTY HIGH SCHOOL

BREAKFAST



School Information:

Valerie Austin

email austinv@luhsd.net

phone (925) 634-3521 x5251



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



Tuesday



Wednesday

Thursday

Friday

WINTER BREAK

1

WINTER BREAK

2

WINTER BREAK

3

FRENCH TOAST STICKS 6

SERVED WITH WARM SYRUP OR OATMEAL

BREAKFAST SANDWICH 7

SAUSAGE, EGG AND CHEESE ON AN ENGLISH MUFFIN

FRESH BAKED 8

MUFFINS OR OATMEAL AND BROWN SUGAR TOPPING

FRESH BAKED DONUTS 9

WITH WARM ICING AND SPRINKLES.

SHORT STACK OF 10

PANCAKES WITH WARM SYRUP OR HOT OATMEAL.

FRENCH TOAST STICKS 13

SERVED WITH WARM SYRUP OR OATMEAL

BREAKFAST SANDWICH 14

SAUSAGE, EGG AND CHEESE ON AN ENGLISH MUFFIN

FRESH BAKED 15

MUFFINS OR OATMEAL AND BROWN SUGAR TOPPING

FRESH BAKED DONUTS 16

WITH WARM ICING AND SPRINKLES.

SHORT STACK OF 17

PANCAKES WITH WARM SYRUP OR HOT OATMEAL.

HOLIDAY 20

BREAKFAST SANDWICH 21

SAUSAGE, EGG AND CHEESE ON AN ENGLISH MUFFIN

FRESH BAKED 22

MUFFINS OR OATMEAL AND BROWN SUGAR TOPPING

FRESH BAKED DONUTS 23

WITH WARM ICING AND SPRINKLES.

SHORT STACK OF 24

PANCAKES WITH WARM SYRUP OR HOT OATMEAL.

FRENCH TOAST STICKS 27

SERVED WITH WARM SYRUP OR OATMEAL

BREAKFAST SANDWICH 28

SAUSAGE, EGG AND CHEESE ON AN ENGLISH MUFFIN

FRESH BAKED 29

MUFFINS OR OATMEAL AND BROWN SUGAR TOPPING

FRESH BAKED DONUTS 30

WITH WARM ICING AND SPRINKLES.

SHORT STACK OF 31

PANCAKES WITH WARM SYRUP OR HOT OATMEAL.