



Memorial High School

January 2021

4

Mini Pancakes
Cereal w/ String Cheese
Muffin w/ String Cheese
Benefit Bar
Mini Cinnamon Rolls
Fresh Fruit & Juice
8oz Milk

5

Sausage Egg Biscuit
Cereal w/ String Cheese
Muffin w/ String Cheese
Benefit Bar
Mini Cinnamon Rolls
Fresh Fruit & Juice
8oz Milk

6

Cinnamon Roll
Cereal w/ String Cheese
Muffin w/ String Cheese
Benefit Bar
Mini Cinnamon Rolls
Fresh Fruit & Juice
8oz Milk

7

Sausage Biscuit
Mini Bagels
Cereal w/ String Cheese
Muffin w/ String Cheese
Benefit Bar
Mini Cinnamon Rolls
Fresh Fruit & Juice
8oz Milk

8

Sausage Cheese Muffin
Cereal w/ String Cheese
Muffin w/ String Cheese
Benefit Bar
Mini Cinnamon Rolls
Fresh Fruit & Juice
8oz Milk

11

Mini Pancakes
Cereal w/ String Cheese
Muffin w/ String Cheese
Benefit Bar
Mini Cinnamon Rolls
Fresh Fruit & Juice
8oz Milk

12

Sausage Egg Biscuit
Cereal w/ String Cheese
Muffin w/ String Cheese
Benefit Bar
Mini Cinnamon Rolls
Fresh Fruit & Juice
8oz Milk

13

Donut
Cereal w/ String Cheese
Muffin w/ String Cheese
Benefit Bar
Mini Cinnamon Rolls
Fresh Fruit & Juice
8oz Milk

14

Sausage Biscuit
Chocolate Crescent
Cereal w/ String Cheese
Muffin w/ String Cheese
Benefit Bar
Mini Cinnamon Rolls
Fresh Fruit & Juice
8oz Milk

15

Sausage Cheese Muffin
Cereal w/ String Cheese
Muffin w/ String Cheese
Benefit Bar
Mini Cinnamon Rolls
Fresh Fruit & Juice
8oz Milk

18

Mini Pancakes
Cereal w/ String Cheese
Muffin w/ String Cheese
Benefit Bar
Mini Cinnamon Rolls
Fresh Fruit & Juice
8oz Milk

19

Sausage Egg Biscuit
Cereal w/ String Cheese
Muffin w/ String Cheese
Benefit Bar
Mini Cinnamon Rolls
Fresh Fruit & Juice
8oz Milk

20

Cinnamon Roll
Cereal w/ String Cheese
Muffin w/ String Cheese
Benefit Bar
Mini Cinnamon Rolls
Fresh Fruit & Juice
8oz Milk

21

Sausage Biscuit
Mini Bagels
Cereal w/ String Cheese
Muffin w/ String Cheese
Benefit Bar
Mini Cinnamon Rolls
Fresh Fruit & Juice
8oz Milk

22

Sausage Cheese Muffin
Cereal w/ String Cheese
Muffin w/ String Cheese
Benefit Bar
Mini Cinnamon Rolls
Fresh Fruit & Juice
8oz Milk

25

Mini Pancakes
Cereal w/ String Cheese
Muffin w/ String Cheese
Benefit Bar
Mini Cinnamon Rolls
Fresh Fruit & Juice
8oz Milk

26

Sausage Egg Biscuit
Cereal w/ String Cheese
Muffin w/ String Cheese
Benefit Bar
Mini Cinnamon Rolls
Fresh Fruit & Juice
8oz Milk

27

Donut
Cereal w/ String Cheese
Muffin w/ String Cheese
Benefit Bar
Mini Cinnamon Rolls
Fresh Fruit & Juice
8oz Milk

28

Sausage Biscuit
Chocolate Crescent
Cereal w/ String Cheese
Muffin w/ String Cheese
Benefit Bar
Mini Cinnamon Rolls
Fresh Fruit & Juice
8oz Milk

29

Sausage Cheese Muffin
Cereal w/ String Cheese
Muffin w/ String Cheese
Benefit Bar
Mini Cinnamon Rolls
Fresh Fruit & Juice
8oz Milk

**The Cafeteria Staff is Committed to Providing Safe,
Nutritious Food, Prepared Fresh Daily.**

Menu Subject to Change

***Eat at least 5 servings of fruits and veggies each day.**

***Local ingredients are always used when in season.**

***Fresh fruit & veggies offered daily**

***Assorted milks offered daily!**

*** Featured whole grains**