

JANUARY 2026

KEMPER COUNTY MIDDLE/HIGH SCHOOL

*THIS INSTITUTION IS AN EQUAL
OPPORTUNITY PROVIDER*

Monday

Tuesday

Wednesday

Thursday

Friday



5

MUFFINS
YOGURT
CHICKEN PATTIE
BISCUIT
FRUIT
JUICE
MILK

6

CINNAMON ROLLS
APPLE FRUDEL
CEREAL
FRUIT
JUICE
MILK

7



1

GRITS
CHEESE TOAST
BACON
POPTART
FRUIT
JUICE
MILK

8

SAUSAGE
BISCUITS
CEREAL
FRUIT
JUICE
MILK

2

PANCAKES
HAM
CEREAL
FRUIT
JUICE
MILK

12

GRITS
EGG PATTIE
SAUSAGE
CEREAL
FRUIT
JUICE
MILK

13

MUFFINS
YOGURT
HAM
FRENCH TOAST
FRUIT
JUICE
MILK

14

WAFFLES
LINK SAUSAGE
POPTARTS
FRUIT
JUICE
MILK

15

MANAGER'S CHOICE

MARTIN
LUTHER
KING JR.
DAY

19

PANCAKES
LINK SAUSAGE
CEREAL
FRUIT
JUICE
MILK

20

MINI CINNAMONS
APPLE FRUDEL
POPTART
FRUIT
JUICE
MILK

21

PARFAITS
CINNAMON ROLLS
CEREAL
FRUIT
JUICE
MILK

22

SAUSAGE
BISCUITS
CEREAL
FRUIT
JUICE
MILK

23

BAGELS
CEREAL
PARFAITS
FRUIT
JUICE
MILK

26

GRITS
TOAST
LINK SAUSAGE
POPTARTS
FRUIT
JUICE
MILK

27

BREAKFAST BURRITOS
CINNAMON ROLLS
PARFAITS
FRUIT
JUICE
MILK

28

CHERRY FRUDEL
MUFFIN
YOGURT
FRUIT
JUICE
MILK

29

POPTARTS
MINI CINNAMONS
CEREAL
FRUIT
JUICE
MILK

30

FRESH FRUIT, JUICE, AND MILK AVAILABLE AT BREAKFAST AND LUNCH DAILY

**Menus are subject to change without notice due to the availability of items listed.