



## BREAKFAST

# JANUARY 2026

## KEMPER COUNTY MIDDLE/HIGH SCHOOL

\*THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER\*

Monday

Tuesday

Wednesday

Thursday

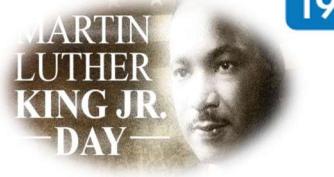
Friday



MUFFINS  
YOGURT  
CHICKEN PATTIE  
BISCUIT  
FRUIT  
JUICE  
MILK

GRITS  
EGG PATTIE  
SAUSAGE  
CEREAL  
FRUIT  
JUICE  
MILK

PANCAKES  
LINK SAUSAGE  
CEREAL  
FRUIT  
JUICE  
MILK



BAGELS  
CEREAL  
PARFAITS  
FRUIT  
JUICE  
MILK

GRITS  
TOAST  
LINK SAUSAGE  
POPTARTS  
FRUIT  
JUICE  
MILK

PANCAKES  
LINK SAUSAGE  
CEREAL  
FRUIT  
JUICE  
MILK

CINNAMON ROLLS  
APPLE FRUDEL  
CEREAL  
FRUIT  
JUICE  
MILK

MUFFINS  
YOGURT  
HAM  
FRENCH TOAST  
FRUIT  
JUICE  
MILK

MINI CINNAMONS  
APPLE FRUDEL  
POPTART  
FRUIT  
JUICE  
MILK

BREAKFAST BURRITOS  
CINNAMON ROLLS  
PARFAITS  
FRUIT  
JUICE  
MILK



GRITS  
CHEESE TOAST  
BACON  
POPTART  
FRUIT  
JUICE  
MILK

WAFFLES  
LINK SAUSAGE  
POPTARTS  
FRUIT  
JUICE  
MILK

PARFAITS  
CINNAMON ROLLS  
CEREAL  
FRUIT  
JUICE  
MILK

CHERRY FRUDEL  
MUFFIN  
YOGURT  
FRUIT  
JUICE  
MILK

SAUSAGE  
BISCUITS  
CEREAL  
FRUIT  
JUICE  
MILK

MANAGER'S CHOICE

SAUSAGE  
BISCUITS  
CEREAL  
FRUIT  
JUICE  
MILK

POPTARTS  
MINI CINNAMONS  
CEREAL  
FRUIT  
JUICE  
MILK

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.