

# January 2021

## Bethel-Tate Breakfast Menu-Go Tigers

### BREAKFAST



**Breakfast and Lunch is FREE through May 31<sup>st</sup>, 2021**

This Institution is an equal opportunity provider



**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. Milk Choices: FF Chocolate, 1% White  
Reference: USDA MyPlate

### Monday



### Tuesday

Questions or concerns-Please call or email Darlene Parks at 513-734-2271 ext 7190 or [Darlene.parks@betheltate.org](mailto:Darlene.parks@betheltate.org)

### Wednesday



### Thursday

### Friday

No School  
Enjoy your day off!

Pop Tart  
Graham Cracker  
Applesauce/Fruit  
Milk

4

Donuts  
Pears/Fruit  
Milk

5

Mini Pancakes  
Peaches/Fruit  
Milk

6

Mini Cinnis  
Mixed Fruit/Fruit  
Milk

7

Cereal Bar  
Applesauce/Fruit  
Milk

8

Pop Tart  
Graham Cracker  
Applesauce/Fruit  
Milk

11

Donuts  
Pears/Fruit  
Milk

12

Mini Pancakes  
Peaches/Fruit  
Milk

13

Mini Cinnis  
Mixed Fruit/Fruit  
Milk

14

Cereal Bar  
Applesauce/Fruit  
Milk

15

No School  
Enjoy your day off!

18

Donuts  
Pears/Fruit  
Milk

19

Mini Pancakes  
Peaches/Fruit  
Milk

20

Frudel  
Mixed Fruit/Fruit  
Milk

21

Cereal Bar  
Applesauce/Fruit  
Milk

22

Pop Tart  
Graham Cracker  
Applesauce/Fruit  
Milk

25

Donuts  
Pears/Fruit  
Milk

26

Mini Pancakes  
Peaches/Fruit  
Milk

27

Mini Cinnis  
Mixed Fruit/Fruit  
Milk

28

29