



# JANUARY | 2023

## Mansfield City Schools Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 NO SCHOOL	3 NO SCHOOL	4 NO SCHOOL	5 Breakfast Juice and /or Fruit Choice of Cereal Graham Cracker Bites Milk	6 Breakfast Juice and /or Fruit Ultimate Breakfast Round Milk
9 Breakfast Juice and /or Fruit Choice of Cereal Cherry Cocoa Bar Milk	10 Breakfast Juice and /or Fruit Mini Cinnis Milk	11 Breakfast Juice and /or Fruit Choice of Cereal Scooby Snacks Milk	12 Breakfast Juice and /or Fruit Whole Grain Pop Tarts Milk	13 Breakfast Juice and /or Fruit Choice of Cereal Cheese Stick Milk
16 NO SCHOOL Martin Luther King Jr. Day	17 Breakfast Juice and /or Fruit Choice of Cereal Blueberry Muffin Milk	18 Breakfast Juice and /or Fruit Frudel Milk	19 Breakfast Juice and /or Fruit Choice of Cereal Toast Milk	20 Breakfast Juice and /or Fruit Yogurt Backpackers Milk
23 Breakfast Juice and /or Fruit Choice of Cereal Cheese Stick Milk	24 Breakfast Juice and /or Fruit Mini Pancakes Milk	25 Breakfast Juice and /or Fruit Choice of Cereal Annie's Bunny Grahams Milk	26 Breakfast Juice and /or Fruit Benefit Bar Milk	27 Breakfast Juice and /or Fruit Choice of Cereal Toast Milk
30 Breakfast Juice and /or Fruit Mini French Toast Milk	31 Breakfast Juice and /or Fruit Choice of Cereal S'more Bar Milk	1 <u>Milk Choices:</u> ○ 1% White ○ Fat Free Chocolate ○ Fat Free Strawberry	2  *Contains Pork	3 ALL MENUS ARE SUBJECT TO CHANGE DUE TO PRODUCT AVAILABILITY. Thank you for your understanding.

**No School:**  
**January 16, 2023**  
Martin Luther King Jr. Day

**Food Fact:**  
**National Popcorn Day**  
January 19 is National Popcorn Day. Did you know that the corn we eat and the corn we pop are two different varieties of maize? In fact, the corn you'd find on your dinner table is most likely unable to pop at all! Only one variety of corn is able to become popcorn – Zea mays everta. This particular corn variety has small ears, and the kernels burst, or pop, when exposed to dry heat.

