



# JANUARY | 2022

## Chilton High School Nutrition Break

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3 Breakfast Bread Fruit, Juice Cup, Milk	4 UBR, Fruit, Juice Cup, Milk	5 No Nutrition Break	6 Donut Fruit, Juice Cup, Milk	7 Filled Breadstick Fruit, Juice Cup, Milk
10 Assorted Muffin, String Cheese, Fruit, Juice Cup, Milk	11 French Toast Bites Fruit, Juice Cup, Milk	12 No Nutrition Break	13 Ham & Cheese Croissant Fruit, Juice Cup, Milk	14 Breakfast Bread Fruit, Juice Cup, Milk
17 Frudels Fruit, Juice Cup, Milk	18 Cinnamon Roll, Fruit, Juice Cup, Milk	19 No School	20 Mini Flavored Pancakes, Fruit, Juice Cup, Milk	21 Stuffed Cinnamon Pretzel Stick Fruit, Juice Cup, Milk
24 Banana Chocolate Chunk Bar Fruit, Juice Cup, Milk	25 Yogurt Parfait, Fruit, Juice Cup, Milk	26 No Nutrition Break	27 Mini Filled Bagels Fruit, Juice Cup, Milk	28 Mini Waffles Fruit, Juice Cup, Milk
31 Soft Pretzel Fruit, Juice Cup, Milk	1	2	3	4

### News

**School District of  
Chilton**

**Served During 2<sup>nd</sup>  
Period except  
Wednesdays**

**Must pick 3 items  
To make a meal.**

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**9-12                      Free**  
**Reduced                Free**  
**Staff or Adult        \$2.56**  
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**Menus are subject to  
change.**

**This institution is an  
equal opportunity  
provider.**