

# JANUARY 2025 Maysville Warriors

## BREAKFAST



**School Information:** Kristy McGowen @ 405-867-5550 ext 236 or [mcgowenk@maysville.k12.ok.us](mailto:mcgowenk@maysville.k12.ok.us) *This Institution Is An Equal Opportunity*



**Nutrition Tip:** Happy New Year! If you made a food resolution turn it into a real resolution by teaming up with a friend and celebrating your success along the way.



Reference: USDA MyPlate

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY



NO SCHOOL 1

NO SCHOL 2

NO SCHOOL 3

**National Bean Day** 6  
**NO SCHOOL**

Waffles w/ Bacon or Cereal or Cereal Bars 7  
Fruit  
Milk  
Juice

Biscuits & Gravy w/Sausage Links or Cereal or Cereal Bars 8  
Fruit  
Milk/Juice

Pancakes on Stick Or Cereal or Cereal Bars 9  
Fruit  
Milk/Juice

Apple or Cherry Turnovers 10  
Cheese Stick or Cereal Or Cereal Bar,  
Fruit/Milk/Juice

**National Milk Day** 11  
Tornados w/Go-Yogurt Cereal or Cereal Bar  
Fruit  
Milk/Juice

Breakfast Burrito w/Salsa 12  
Cereal or Cereal Bars  
Fruit  
Milk/Juice

Muffins w/Cheese Stick or Cereal or Cereal Bars 13  
Fruit  
Milk/Juice

Scrambled Eggs, Bacon w/Biscuits or Cereal or Cereal Bars 14  
Fruit  
Milk/Juice

French Toast Sticks w/cheese stick or Cereal or Cereal Bars 15  
Fruit  
Milk/Juice

NO SCHOOL 18

Pancake on Stick w/ Go-Yogurt or Cereal or Cereal Bars 19  
Fruit  
Milk/Juice

Hashbrown Casserole Cereal or Cereal Bars 20  
Fruit  
Milk  
Juice

Monkey Bread w/Bacon Or Cereal or Cereal Bars 21  
Fruit/Milk/Juice

Tornados Cereal or Cereal Bars 22  
Fruit  
Milk  
Juice

Pancakes w/Sausage Cereal or Cereal Bars 27  
Fruit  
Milk  
Juice

Breakfast Sliders Cereal or Cereal Bars 28  
Fruit  
Milk  
Juice

Eggs, Ham and Biscuits Or Cereal or Cereal Bars 29  
Fruit  
Milk/Juice

Biscuits w/Gravy Cereal or Cereal Bars 30  
Fruit  
Milk  
Juice

Muffins w/Go-Yogurt Cereal or Cereal Bars 31  
Fruit  
Milk  
Juice



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**Nutrition Tip:** Help with food waste by getting creative with leftovers and planning meals around the food you already have on hand.



Reference: Eat Right

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY



NO SCHOOL 1

NO SCHOOL 2

NO SCHOOL 3

NO SCHOOL 6

Chicken Nuggets 7  
Curly Fries  
Veggie  
Fruit  
Milk

Tamales 8  
Mexican Rice  
Veggie  
Fruit  
Milk

Chicken & Rice 9  
Veggie  
Fruit  
Chocolate Pudding  
Milk

Cheeseburgers 10  
Chips  
Pickle  
Fruit  
Milk

National Milk Day 11  
Chicken Wraps  
w/Lettuce  
Tator Rounds  
Fruit/Veggie/Milk

Chicken Spaghetti 12  
Garlic Knots  
Veggie  
Fruit  
Milk

Corn Dogs 13  
Chips  
Veggie  
Fruit  
Milk

Steak fingers 14  
Mashed Potatoes  
Rolls  
Veggie  
Fruit/Milk

Hot Dogs 15  
Chips  
Veggie  
Fruit  
Milk

NO SCHOOL 18

Popcorn Chicken 19  
Crinkled Fries  
Veggie  
Fruit  
Milk

National Cheese Lover's 20  
**Day**  
Nacho's  
Veggie  
Fruit /Milk

Baked Potato W/  
Ham/Cheese 21  
Veggie  
Fruit  
Milk

Fish Sandwich 22  
Chips  
Pickle  
Fruit  
Milk

Chicken Sandwich 27  
Waffle Fries  
Veggie  
Fruit  
Milk

Burritos 28  
Mexican Rice  
Veggie  
Fruit  
Jell-O/Milk

Pizza Calzone 29  
Salad  
Fruit  
Cookie  
Milk

Hamburger Steak 30  
Potato's w/Gravy  
Veggie  
Fruit  
Roll/Milk

Meatball Sliders 31  
Chips  
Veggie  
Fruit  
Milk