

February 2019

Type Your School Name Here

BREAKFAST



Breakfast comes with an entrée or cereal, milk and 100% fruit juice.

This institution is an equal opportunity provider.



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday



Tuesday

Wednesday

Thursday

Friday

Bagel Variety

1

Pop tart
Toast & Jelly

4

Breakfast Sandwich

5

Banana Bread

6

Cheese Eggs

7

Egg-o Waffles

8

Pop tart
Toast & Jelly

11

Breakfast Pizza

12

Bagel Variety

13

Hash brown
Toast & Jelly
Sausage Links

14

Baked Oatmeal

15

President's Day
No school today.

18

Parfait

19

Breakfast Burrito

20

French Toast Sticks

21

Muffin Variety

22

Pop tart

25

Pancake on a stick

26

Banana Bread

27

Breakfast Sandwich

