

February 2018

Type Your School Name Here

BREAKFAST



School Information: Fruit, Juice, and Milk Served Daily.



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



Biscuits
Sausage
Gravy

5

Cinnamon Roll
Bacon

6

Yogurt Parfait
Cereal

7

Bagel & Cream
Cheese

1

Scrambled eggs
Sausage
Toast

2

English Muffin
Ham, Egg, Cheese
Fruit

12

Pancake on a Stick
Hash brown

13

Breakfast Combo
Yogurt

14

Muffin
Sausage Link

8

Scrambled Egg
Bacon
Hash brown
Toast

9

Biscuit
Bacon
Gravy

19

Breakfast Combo
Hash brown

20

Pancakes
Cinnamon Apples

21

Danish
Sausage Link

22

Scrambled Eggs
Biscuit
Sausage

23

Croissant
Ham & Cheese

26

Oatmeal
Granola

27

Breakfast
Crispito

28

