

Breakfast K-12

FEBRUARY 2024

MON	TUE	WED	THU	FRI
			1 Plain Bagel w/ Cream Cheese or Waffles w/ Syrup Apple Slices & 100% Orange Juice	2 Blueberry Muffin Fresh Orange & 100% Very Berry Juice
5 Banana Muffin Raisins & Applesauce	6 Strawberry Yogurt w/ Graham Crackers or Apple Frudel Apple Slices & Diced Pineapple	7 Multi-Grain Frosted Flakes w/Graham Crackers or Cinnamon Butter Honey Biscuit Diced Peaches & 100% Grape Juice	8 Cinnamon Toast Crunch w/Graham Crackers or Pancakes w/ Syrup Apple Slices & 100% Orange Juice	9 Cinnamon Crisp Bar Raisins & 100%Grape Juice
12 Cherry Cocoa Bar Fresh Pear & 100% Very Berry Juice	13 Strawberry Yogurt w/ Graham Crackers (V) or Mini Sausage & Cheese Flatbread Apple Slices & Diced Pineapple	14 Honey Cheerios w/ Graham Crackers or French Toast w/ Syrup Diced Peaches &100% Grape Juice	15 Plain Bagel w/ Cream Cheese or Cinnamon Bun Apple Slices & 100% Orange Juice	16 Apple Jacks w/Graham Crackers Raisins & 100% Grape Juice
19	20 Multi-Grain Cheerios w/ Graham Crackers Raisins & Applesauce	21 Cinnamon Raisin Bagel w/ Butter or French Toast w/ Syrup Diced Peaches &100% Grape Juice	22 Honey Cheerios w/ Graham Crackers or Cinnamon Bun Apple Slices & 100% Orange Juice	23 Cherry Cocoa Bar Fresh Pear & 100% Very Berry Juice
26 Cinnamon Crisp Bar Raisins & 100%Grape Juice	27 Strawberry Yogurt w/ Graham Crackers (V) or Breakfast Pizza Apple Slices & Diced Pineapple	28 Cinnamon Flakes w/ Graham Crackers or Apple Frudel Diced Peaches & 100% Grape Juice	29 Plain Bagel w/ Cream Cheese or Waffles w/ Syrup Apple Slices & 100% Orange Juice	

DID YOU KNOW...

- ✓ All grain products are wholegrain rich
- ✓ There are no pork products on this menu
- ✓ Meats are lean and cheeses are low fat
- ✓ All products contain Zero Trans Fats, No Artificial Colors and Sweeteners, and No High Fructose Com Syrup

Breakfast Milk Choices

- 1% Unflavored Milk
- Skim Unflavored Milk

Please Note

Locally Grown Component Served Daily

Menu is subject to change

Vegetarian Meal Option indicated with a "V"

