

FEBRUARY 2012

Elementary Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1 WG French Toast Sticks w/Sausage Cereal w/WG Toast Breakfast Yogurt Parfait Variety of Juice Assorted Fresh Fruit Breakfast in Classroom WG MAPLE PANCAKE	2 Egg & Cheese Stuffer Cereal w/WG Toast LF Yogurt w/ Morning Mix-Ups Variety of Juice Assorted Fresh Fruit Breakfast in Classroom SUNRISE STICK	3 NO SCHOOL PARENT CONFERENCE
6 WG Pancake on a Stick LF Yogurt w/ WG Toast Cereal w/ WG Toast Assorted Fresh Fruit Variety of Juice Breakfast in Classroom WG BLUEBERRY WAFFLE	7 *Raisin Bran w/WG Toast WG Breakfast Pizza LF Yogurt w/WG Toast *Apple Juice *Fresh Orange Smiles Breakfast in Classroom SAUSAGE BISCUIT	8 Breakfast Yogurt Parfait Scrambled Eggs w/WG Toast Cereal w/WG Toast Variety of Juice Assorted Fresh Fruit Breakfast in Classroom WG CINNAMON FRENCH TOAST STICKS	9 WG Biscuit w/Sausage LF Yogurt w/ Morning Mix-Ups Cereal w/WG Toast Variety of Juice Assorted Fresh Fruit Breakfast in Classroom WG BREAKFAST BAGEL	10 Oatmeal w/ WG Cinnamon Toast LF Yogurt w/ WG Toast Breakfast Break Variety of Juice Assorted Fresh Fruit Breakfast in Classroom WG APPLE STRUDEL
13 Breakfast Burrito LF Yogurt w/ WG Toast Cereal w/WG Toast Variety of Juice Assorted Fresh Fruit Breakfast in Classroom GRILLED CHEESE SANDWICH	14 Egg & Cheese WG Biscuit *Cheerios w/LF Yogurt Breakfast Pizza *Apple Juice Assorted Fresh Fruit Breakfast in Classroom SUNRISE STICK	15 Breakfast Yogurt Parfait WG Pancakes & Sausage Cereal w/WG Toast Assorted Fresh Fruit Variety of Juice Breakfast in Classroom CHERRY STRUDEL	16 LF Yogurt w/ WG Toast Omelet w/ WG Toast Cereal w/WG Toast Assorted Fresh Fruit Variety of Juice Breakfast in Classroom SAUSAGE & EGG POCKET	17 Breakfast Pizza *Oatmeal w/ WG Toast LF Yogurt w/Morning Mix-Ups *Apple Juice *Chilled Diced Peaches Breakfast in Classroom BREAKFAST BREAK
20 NO SCHOOL PROFESSIONAL DEVELOPMENT	21 Breakfast Burrito Cereal w/ WG Toast Breakfast Yogurt Parfait Assorted Fresh Fruit Variety of Juice Breakfast in Classroom BREAKFAST BAGEL	22 Scrambled Eggs w/ WG Toast *Raisin Bran /WG Toast Breakfast Yogurt Parfait *Apple Juice *Fresh Orange Smiles Breakfast in Classroom CINNAMON FRENCH TOAST STICKS	23 LF Yogurt w/ WG Toast WG Biscuit w/Ham & Cheese Cereal w/WG Toast Chilled Mixed Fruit Variety of Juice Breakfast in Classroom STRAWBERRY PANCAKE	24 WG Biscuit w/Sausage Oatmeal w/ WG Toast LF Yogurt w/ WG Toast Variety of Juice Assorted Fresh Fruit Breakfast in Classroom SAUSAGE BISCUIT
27 WG Kolache Cereal w/WG Toast LF Yogurt w/ WG Toast Assorted Fresh Fruit Variety of Juice Breakfast in Classroom WG KOLACHE	28 Breakfast Burrito *Cheerios w/ Low Fat Yogurt WG Pancake on a Stick *Apple Juice Assorted Fresh Fruit Breakfast in Classroom WG BREAKFAST BURRITO	29 WG French Toast Sticks w/Sausage Cereal w/WG Toast Breakfast Yogurt Parfait Variety of Juice Assorted Fresh Fruit Breakfast in Classroom WG MAPLE PANCAKE	* BALANCED CHOICE WG = Whole Grain LF=Low Fat	

Choice of Low Fat Milk Daily

FOOD FOCUS~ LOW FAT YOGURT

Low fat yogurt is a good source of protein and an excellent source of calcium you need for strong bones and teeth.

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Menu items subject to change