

K-12 CORE BREAKFAST

February

BREAKFAST

Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
<p>Breakfast Sausage and Pancake on a Stick</p> <p>Whole Grain Bagel w/ Cream Cheese (v).</p> <p>Blueberry Muffin w/ String Cheese (v).</p>	<p>Chicken & Waffle Sandwich (v).</p> <p>Vanilla Yogurt w/ Graham Cracker (v).</p> <p>Apple Cinnamon Muffin w/ String Cheese (v).</p>	<p>Whole Grain French Toast w/ Syrup (v).</p> <p>Oatmeal Raisin Breakfast Round (v).</p> <p>Blueberry Muffin w/ String Cheese (v).</p>	<p>Scrambled Eggs w/ Whole Grain Biscuit (v).</p> <p>Apple Cinnamon Muffin w/ String Cheese (v).</p>	<p>Tater Tot Breakfast Burrito (v).</p> <p>Maple Snack'n Waffle (v).</p> <p>Blueberry Muffin w/ String Cheese (v).</p>
<p>Orange Wedges</p> <p>Frozen Blueberries</p>	<p>Fresh Apple</p> <p>Fresh Tangerine</p>	<p>Orange Wedges</p> <p>Pears</p>	<p>Grape Juice</p> <p>Apple Slices</p>	<p>Applesauce</p> <p>Fresh Banana</p>
Monday 9	Tuesday 10	Wednesday 11	Thursday 12	Friday 13
<p>Turkey Bacon & Egg Pizza.</p>  <p>Oatmeal Raisin Breakfast Round (v).</p> <p>Apple Cinnamon Muffin w/ String Cheese (v).</p> <p>National Pizza Day!</p>	<p>Oatmeal (v).</p> <p>Hard Boiled Egg Breakfast Bento Box (v).</p> <p>Banana Muffin w/ String Cheese (v).</p>	<p>Breakfast Sausage & Pancake on a Stick.</p> <p>Blueberry Snack'n Waffles (v).</p> <p>Apple Cinnamon Muffin w/ String Cheese (v).</p>	<p>Potato, Egg, & Cheese Breakfast Bowl (v).</p> <p>Bagel w/ Cream Cheese (v).</p> <p>Banana Muffin w/ String Cheese (v).</p>	<p>No School</p>
<p>Pears</p> <p>Fresh Tangerines</p>	<p>Orange Slices</p> <p>Baked Apple Slices</p>	<p>Fresh Apple</p> <p>Orange Wedges</p>	<p>Apple Juice</p> <p>Fresh Banana</p>	

Daily offerings include frosted mini wheats, cinnamon chex, blueberry chex, cheerios, and trix cereal with graham crackers. All breakfast entrées include choice of skim or low-fat unflavored milk. All grain products are whole grain rich. (v) denotes vegetarian choices (including milk and eggs) and (ve) denotes vegan choices. Locally Sourced items offered daily. This menu is subject to change and based upon product availability.

This institution is an equal opportunity provider. Additional nutrition information available upon request.

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BREAKFAST

Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20
<p>No School - Presidents' Day</p>	<p>Scrambled Eggs w/ Toast (v).</p> <p>Maple Snack'n Waffle (v).</p> <p>Blueberry Muffin w/String Cheese (v).</p>	<p>Cinnamon Roll Smoothie w/ Graham Cracker (v).</p> <p>Tropical Mango Breakfast Round (v).</p> <p>Banana Muffin w/ String Cheese (v).</p>	<p>Egg & Cheese Sandwich on an English Muffin (v).</p> <p>Bagel w/ Cream Cheese (v).</p> <p>Blueberry Muffin w/ String Cheese (v).</p>	<p>Parfait Bar Vanilla or Strawberry Yogurt w/ Graham Crackers or Granola (v).</p> <p>Banana Muffin w/ String Cheese (v).</p>
	<p>Apple Juice Oranges</p>	<p>Grape Juice Frozen Blueberries</p>	<p>Fresh Banana Baked Cinnamon Apples</p>	<p>Fresh Tangerines Plums</p>
Monday 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27
<p>Blueberry Snack'n Waffle (v).</p> <p>Hard Boiled Egg Bento Box (v).</p> <p>Apple Cinnamon Muffin w/ String Cheese (v).</p>	<p>Potato, Egg, & Cheese Breakfast Bowl w/ Salsa (v).</p> <p>Yogurt Breakfast Bento Box (v).</p> <p>Blueberry Muffin w/ String Cheese (v).</p>	<p>Chicken & Waffle Sandwich (v).</p> <p>Oatmeal Raisin Round (v).</p> <p>Blueberry Muffin w/ String Cheese (v).</p>	<p>Cheese Omelet w/ Whole Grain Biscuit (v).</p> <p>Bagel w/ Cream Cheese (v).</p> <p>Apple Cinnamon Muffin w/ String Cheese (v).</p>	<p>Cinnamon Roll Smoothie (v).</p> <p>Apple Cinnamon Oatmeal (v).</p> <p>Blueberry Muffin w/ String Cheese (v).</p>
<p>Orange Wedges Fresh Pears</p>	<p>Grape Juice Fresh Tangerine</p>	<p>Apple Juice Pineapple</p>	<p>Pear Fresh Banana</p>	<p>Frozen Blueberries Baked Apples</p>

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