

K-12 CORE BREAKFAST
February

BREAKFAST

Monday 3	Tuesday 4	Wednesday 5	Thursday 6	Friday 7
Blueberry Snack'n Waffle (v). Hard Boiled Egg Bento Box (v). Banana Muffin w/String Cheese (v).	Turkey Bacon & Egg Breakfast Pizza. Yogurt Breakfast Bento Box (v). Blueberry Muffin w/Sting Cheese (v).	Chicken Biscuit Sandwich. Oatmeal Breakfast Round (v).	Egg & Cheese Burrito (v). Plain Bagel w/Cream Cheese (v). Banana Muffin w/String Cheese (v).	Oatmeal w/Strawberries (ve). Vanilla Yogurt w/Graham Crackers (v). Blueberry Muffin w/String Cheese (v).
Frozen Blueberries Orange Juice	Grape Juice Fresh Tangerine	Apple Juice Strawberries	Red Seedless Grapes Fresh Banana	Frozen Blueberries Strawberries
Monday 10	Tuesday 11	Wednesday 12	Thursday 13	Friday 14
Cheesy Scrambled Eggs w/Toast (v). Blueberry Muffin w/String Cheese (v).	Breakfast Tacos w/Turkey Sausage, Potatoes & Salsa. Hard Boiled Egg Bento Box (v). Banana Muffin w/String Cheese (v).	Egg & Cheese Biscuit Sandwich (v). Plain Bagel w/Cream Cheese (v). Blueberry Muffin w/String Cheese (v).	Whole Grain French Toast Sticks w/Syrup (v). Strawberry Yogurt w/Graham Crackers (v).	No School
Fresh Apple Grape Juice	Strawberries Tangerine	Apple Juice Orange Wedges	Cantaloupe Baked Cinnamon Apples	

Daily offerings include frosted mini wheats, cinnamon chex, and cheerios 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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Monday 17	Tuesday 18	Wednesday 19	Thursday 20	Friday 21
No School	Biscuit Egg & Cheese Sandwich (v). Vanilla Yogurt w/Graham Crackers (v). Banana Muffin w/String Cheese (v).	Scrambled Eggs w/ Whole Grain Biscuit (v). Oatmeal Raisin Round (v). Blueberry Muffin w/String Cheese (v).	Whole Grain French Toast Sticks w/Syrup (v). Blueberry Patch Parfait w/Graham Crackers (v). Banana Muffin w/String Cheese (v).	Tater Tot Breakfast Burrito (v). Maple Snack'n Waffle (v). Blueberry Muffin w/String Cheese (v).
	Fresh Apple Fresh Tangerine	Orange Wedges Fresh Pear	Grape Juice Apple Slices	Applesauce Fresh Banana
Monday 24	Tuesday 25	Wednesday 26	Thursday 27	Friday 28
Potato Egg & Cheese Breakfast Bowl w/Salsa (v). Oatmeal Round (v). Blueberry Muffin w/String Cheese (v).	Peach Cobbler Breakfast Square (v). Hard Boiled Egg Bento Box (v). Banana Muffin w/String Cheese (v).	Egg & Cheese Bagel Sandwich (v). Blueberry Snack'n Waffle (v). Banana Muffin w/String Cheese (v).	Breakfast Sausage and Pancake on a Stick. Whole Grain Bagel w/Cream Cheese (v). Blueberry Muffin w/String Cheese (v).	<u>Parfait Bar</u> (v). Strawberry or Vanilla Yogurt with Graham Cracker or Granola
Fresh Pear Fresh Tangerine	Orange Slices Baked Cinnamon Apples	Fresh Apple Orange Wedges	Apple Juice Banana	Blueberries Strawberries

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