

# February 2019

## High School

### BREAKFAST



**Nondiscrimination Statement:** This institution is an equal opportunity employer.



**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



Mini Cinnamon Rolls  
Orange Juice  
Milk

4

### Tuesday

Toast w/ Yogurt  
Fruit Cup  
Milk

5

### Wednesday

Pancake 'N Sausage  
Orange Juice  
Milk

6

### Thursday

Oatmeal  
Orange Juice  
Milk

7

### Friday

Biscuits & Gravy  
Orange Juice  
Milk

1

Breakfast Pizza  
Applesauce Cup  
Milk

8

French Toast Bites  
Fruit Cup  
Milk

11

Breakfast Sandwich  
Orange Juice  
Milk

12

Cinnamon Cake  
Applesauce Cup  
Milk

13

Bagels  
Orange Juice  
Milk

14

Biscuits & Gravy  
Orange Juice  
Milk

15



18

Toast w/ Yogurt  
Fruit Cup  
Milk

19

Pancake 'N Sausage  
Orange Juice  
Milk

20

Oatmeal  
Orange Juice  
Milk

21

Breakfast Pizza  
Applesauce Cup  
Milk

22

French Toast Bites  
Fruit Cup  
Milk

25

Breakfast Sandwich  
Orange Juice  
Milk

26

Cinnamon Cake  
Applesauce Cup  
Milk

27

Bagels  
Orange Juice  
Milk

