

February 2019

Middle 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



Tuesday

Wednesday

Thursday

Friday

Mini Cinnamon Rolls
Orange Juice
Milk

4

Toast w/ Yogurt
Fruit Cup
Milk

5

Pancake 'N Sausage
Orange Juice
Milk

6

Waffles
Orange Juice
Milk

7

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

Waffles
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

