

February 2017

Good Morning Ell-Saline! Enjoy Your Day!

BREAKFAST



Happy Heart Month!



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

Whole Grain Muffin **1**
Diced Peaches
Fruit Juice, Milk Choice

Whole Grain Poptart **2**
Orange Halves
Fruit Juice, Milk Choice

Sausage Biscuit **3**
Fresh Apple
Fruit Juice, Milk Choice

Mini Waffles & Syrup **6**
Fresh Banana
Fruit Juice & Milk Choice

Whole Wheat Bagel **7**
Cream Cheese Topping
Fruit Juice & Milk

Egg Taco & Salsa **8**
Graham Snacks
Juice & Milk Choice

Breakfast Pizza **9**
Diced Peaches
Juice & Milk Choice

WG Cinnamon Roll **10**
Orange Halves
Juice & Milk Choice

Whole Grain Cereal **13**
String Cheese, Orange
Juice Choice Milk Choice

Pancake on a Stick **14**
Fruit Cocktail
Juice and Milk Choice

Biscuit & Gravy **15**
Fruit Cocktail
Juice and Milk Choice

No School Today **16**

No School Today **17**

Whole Wheat Bagel **20**
Cream Cheese Topping
Fresh Orange, Fruit
Juice and Milk Choice

WG Cereal **21**
Yogurt Cup
Fresh Banana, Fruit
Juice & Milk Choice

WG Poptart & Cereal **22**
Fruit Cocktail
Fruit Juice Choice
Milk Choice

Breakfast Pizza **23**
Diced Pears
Fruit Juice Choice
Milk Choice

French Toast Sticks **24**
with Syrup, Fresh Apple
Fruit Juice Choice
Milk Choice

Whole Grain Muffin **27**
Fresh Banana
Fruit Juice, Milk Choice

Sausage Biscuit **28**
Fresh Orange
Fruit Juice, Milk Choice

March
1-Pancake on a stick
2-Biscuit & Gravy
3- Cereal & Cheese Stick

