

February 2018 Good Morning Ell-Saline- Breakfast is Brain Food!

BREAKFAST



School Information:
Happy Valentine's Day Ell-Saline!
You are all Sweet Hearts!



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

WG = Whole Grain
Juice Choice = Apple or Orange
Milk Choices= Skim White,
Skim Chocolate or 1% White



Tuesday

Wednesday

Thursday

Friday

WG Cereal **5**
Yogurt Cup
Fresh Orange Halves
Juice Choice, Milk Choice

Pancake On A Stick **6**
w/ Syrup
Banana, Juice Choice
Milk Choice

Biscuit & Gravy **7**
Fruit Cocktail
Juice Choice
Milk Choice

WG Muffin **1**
WG Cereal
Pineapple Tidbits
Fruit Juice, Milk

Breakfast Pizza **2**
Apple Half
Fruit Juice
Milk Choice

French Toast Sticks **12**
W/Syrup, Fresh Orange
Juice Choice
Milk Choice

Whole Wheat Bagel **13**
Cream Cheese
Apple Halves, Juice and
Milk Choice

Breakfast Pizza **14**
Diced Peaches
Juice Choice
Milk Choice

Whole Grain Mini Loaf **8**
Apple Halves
Juice Choice
Milk Choice

Sausage Sandwich **9**
Pineapple Chunks
Juice Choice
Milk Choice

No School Today **15**

No School Today **16**

Mini Waffles w/Syrup **19**
Fresh Orange Halves
Juice Choice
Milk Choice

Excellent Egg Taco **20**
w/ Tomato Salsa
Graham Snack, Banana,
Juice & Milk Choice

Whole Grain Muffin **21**
Apple Sauce
Juice Choice
Milk Choice

WG Cinnamon Roll **22**
Diced Peaches
Juice Choice
Milk Choice

Breakfast Pizza **23**
Pineapple Tidbits
Juice Choice
Milk Choice

WG Cereal **26**
Cheese Stick
Fresh Orange Halves
Juice & Milk Choice

Pancake On A Stick **27**
w/Syrup
Banana
Juice & Milk Choice

Biscuit & Gravy **28**
Pineapple Tidbits
Juice Choice
Milk Choice



1) WG Muffin
2) Sausage Sandwich