

February 2020

Good Morning Ell-Saline Ell-Saline!

BREAKFAST

12/



School Information:



Nutrition Tip: Ready-to-eat cereal consumption encourages milk consumption. In children, at least 76% of cereal is consumed with milk. Reference: NHANES 13-14



Monday

Whole Grain Cereal **3**
Yogurt Cup
Apple Quarters
Fruit Juice Choice, Milk

Pancake On A Stick **10**
Syrup Cup, Orange Halves
Fruit Juice Choice
Milk Choice

French Toast Sticks **17**
Syrup Cup, Orange Halves
Fruit Juice Choice
Milk Choice

Whole Grain Bagel **24**
Cream Cheese Cup
Tropical Fruit
Milk Choice

Tuesday

Whole Wheat Bagel **4**
Cream Cheese Cup
Tropical Fruit
Fruit Juice Choice, Milk

Whole Grain Cereal **11**
Yogurt Cup
Fruit Juice Choice
Milk Choice

Breakfast Pizza **18**
Pineapple Tidbits
Fruit Juice Choice
Milk Choice

WG Biscuit & Gravy **25**
Diced Peaches
Fruit Juice Choice
Milk Choice

Wednesday

WG Biscuit with Gravy **5**
Diced Peaches
Fruit Juice Choice
Milk Choice

No School Today **12**

WG Cinnamon Roll **19**
Banana
Fruit Juice Choice
Milk Choice

Whole Grain Cereal **26**
Cheese Stick
Orange Halves
Fruit Juice Choice
Milk Choice

Thursday

French Toast Sticks **6**
Syrup Cup
Orange Halves
Fruit Juice Choice, Milk

No School Today **13**

Sausage Biscuit **20**
Tropical Fruit
Fruit Juice Choice
Milk Choice

Pancake On a Stick **27**
Syrup Cup
Banana
Juice Choice
Milk Choice

Friday

Breakfast Pizza **7**
Pineapple Chunks
Fruit Juice Choice
Milk Choice

No School Today **14**
Happy Valentine's Day!

Whole Grain Cereal **21**
Yogurt Cup
Apple Quarters
Fruit Juice Choice, Milk

Egg Taco & Salsa **28**
Graham Snack
Apple Quarters
Juice Choice
Milk Choice.

