



School Information:
Happy Valentine's Day !



Nutrition Tip:

Fifteen percent of Americans skip breakfast on a typical day, yet breakfast – including ready-to-eat cereal – contributes less than 20 percent of daily calories. Reference: NHANES data 2009-2010

Monday

Breakfast Pizza **1**
Fruit Juice
Apple
Milk

Tuesday

WG Biscuit & Gravy **2**
Banana
Fruit Juice
Milk

Wednesday

French Toast Sticks **3**
Syrup
Orange Halves
Juice , Milk

Thursday

Whole Grain Cereal **4**
Yogurt Cup
Fruit Cocktail
Juice
Milk

Friday

Whole Grain Cereal **5**
Whole Grain Poptart
Apple Sauce
Juice
Milk

Whole Wheat Bagel **8**
Cream Cheese
Banana
Juice and Milk

Pancake on a Stick, **9**
Syrup
Diced Peaches
Juice and Milk

Cinnamon Roll **10**
WG Cereal
Apple
Juice and Milk

No School Today **11**
Teacher /Parent Conf.

No School Today **12**

French Toast Sticks **15**
Syrup
Tropical Fruit
Juice and Milk

Oatmeal Round **16**
Yogurt Cup
Banana
Juice and Milk

Blueberry Muffin **17**
Whole Grain Cereal
Orange halves
Juice and Milk

Whole Wheat Bagel **18**
Cream Cheese
Apple
Juice and Milk

Breakfast pizza **19**
Fruit Juice
Peaches
Juice and Milk

Whole Grain Cereal **22**
String Cheese
Orange Halves
Juice and Milk

Pancake on a stick **23**
Syrup
Fruit Cocktail
Juice and Milk

Whole Grain Frudel **24**
Tropical Fruit
Juice and Milk

Sausage Biscuit **25**
Pineapple chunks
Juice and Milk

Whole Grain Cereal **26**
Whole Grain Poptart
Apple
Juice and Milk

Breakfast Pizza **29**
Banana
Juice and Milk

