

February 2020

Elementary School Menu

BREAKFAST

Breakfast consists of 4 components of which students must select 3 items. Including one serving of fruit/ fruit juice.

Choice of fat free chocolate or 1% white milk also included with each meal.



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

Cold Cereal/ Crackers **3**
Bagel/ Cream Cheese
Fresh/ Canned Fruit
Fruit Juice

Tuesday

Breakfast Pizza **4**
Cold Cereal/ Crackers
Fresh/ Canned Fruit
Fruit Juice

Wednesday

Yogurt/ Cereal Bar **5**
Cold Cereal/ Cracker
Fresh/ Canned Fruit
Fruit Juice

Thursday

Sausage/ Egg Pattie on **6**
English Muffin Pop-tart w/
Cracker
Fresh/ Canned Fruit
Fruit Juice

Friday

Breakfast on a Stick **7**
Bagel/ Cream Cheese
Fresh/ Canned Fruit
Fruit Juice

Chocolate Chip or Blueberry **10**
Muffin
Cracker
Fresh/ Canned Fruit
Fruit Juice

Breakfast Pizza **11**
Cold Cereal/ Crackers
Fresh/ Canned Fruit
Fruit Juice

Dutch Waffle **12**
Cold Cereal/ String Cheese
Fresh/ Canned Fruit
Fruit Juice

French Toast Sticks w/ **13**
Sausage Patty
Pop- Tarts w/ Cracker
Fresh/ Canned Fruit
Fruit Juice

President's Day **14**



President's Day **17**



Breakfast Pizza **18**
Cold Cereal/ Crackers
Fresh/ Canned Fruit
Fruit Juice

Honey Bun **19**
Pop- Tarts
Assorted Cracker
Fresh/ Canned Fruit
Fruit Juice

Sausage/ Egg Pattie on **20**
English Muffin Pop-tart w/
Cracker
Fresh/ Canned Fruit
Fruit Juice

Breakfast Wrap **21**
Bagel/ Cream Cheese
Fresh/ Canned Fruit
Fruit Juice

Cold Cereal **24**
Pop- Tarts
Assorted Cracker
Fresh/ Canned Fruit
Fruit Juice

Breakfast Pizza **25**
Cold Cereal/ Crackers
Fresh/ Canned Fruit
Fruit Juice

Cinnamon Roll **26**
Pop- Tarts
Assorted Cracker
Fresh/ Canned Fruit
Fruit Juice

Mini Pancakes **27**
Mini WG Donuts
Fresh/ Canned Fruit
Fruit Juice

Dutch Waffle **28**
Cold Cereal/ String Cheese
Fresh/ Canned Fruit
Fruit Juice

The cafeteria reserves the right to make menu substitutions as necessary

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