

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**



**4**  
Cereal  
Fruit & 100% Juice  
Milk

**5**  
Chicken Sausage,  
Egg, & Cheese  
On WW Wrap  
Fruit & 100% Juice  
Milk

**6**  
Fruit & Granola  
Parfaits  
100% Juice  
Milk

**7**  
Ham, Egg, & Cheese  
Or  
Egg & Cheese  
On WG Bagel  
Fruit & 100% Juice  
Milk

**1**  
Waffles  
Fruit & 100% Juice  
Milk

**8**  
Waffles  
Fruit & 100% Juice  
Milk

**11**  
Cereal  
Fruit & 100% Juice  
Milk

**12**  
Chicken Sausage,  
Egg, & Cheese  
On WW Wrap  
Fruit & 100% Juice  
Milk

**13**  
Fruit & Granola  
Parfaits  
100% Juice  
Milk

**14**  
Ham, Egg, & Cheese  
Or  
Egg & Cheese  
On WG Bagel  
Fruit & 100% Juice  
Milk

**15**  
Waffles  
Fruit & 100% Juice  
Milk

**18**  
*President's Day  
No School*

**19**  
Cereal  
Fruit & 100% Juice  
Milk

**20**  
Fruit & Granola  
Parfaits  
100% Juice  
Milk

**21**  
Ham, Egg, & Cheese  
Or  
Egg & Cheese  
On WG Bagel  
Fruit & 100% Juice  
Milk

**22**  
Waffles  
Fruit & 100% Juice  
Milk

**25**  
Cereal  
Fruit & 100% Juice  
Milk

**26**  
Chicken Sausage,  
Egg, & Cheese  
On WW Wrap  
Fruit & 100% Juice  
Milk

**27**  
Fruit & Granola  
Parfaits  
100% Juice  
Milk

**28**  
Ham, Egg, & Cheese  
Or  
Egg & Cheese  
On WG Bagel  
Fruit & 100% Juice  
Milk



- All breakfast meals include: 2 oz whole grains, ½ cup fruit & ½ cup 100% juice, and 8 fl oz low fat or fat-free milk
- Additional daily offerings change and may include: cereal, Nutrigrain bars, and assorted whole grain pastries or breads
- Contact Becky Fowler, Director of Food Services at [becky.fowler@stoningtonschools.org](mailto:becky.fowler@stoningtonschools.org) with any questions or concerns