

# BREAKFAST

FEBRUARY 2019

KINGSBURY LEARNING CENTER

### Nutrition Tip

- Breakfast supplies essential nutrients.
- Breakfast contributes less than 20% of daily calories, but significant levels of many key vitamins and minerals including:
  - Calcium
  - Iron
  - B vitamins

Reference: NHANES 2007-08.

(HEAVENLY EDIBLES & STUFF L.L.C.)

❁ **monday**

❁ **tuesday**

❁ **wednesday**

❁ **thursday**

❁ **friday**

Daily Nutrient Averages:

Grades (9 -12)  
Calories: 546  
Sodium (Mg): 438  
% Sat. Fat: 7.3%

FRESH GOLD APPLES  
(W/G) KIX CEREAL

4

FRESH APPLES  
(W/G) NUTRIGRAIN  
BARS

5

FRESH PEARS  
(W/G) TURKEY SAUSAGE  
WAFFLES  
(Syrup)

6

FRESH ORANGES  
(W/G) APPLE CINNAMON  
MUFFINS

7

FRESH BANANAS  
(W/G) BISCUITS  
EGGS/ CHEESE  
(Jelly)

8

FRESH GREEN APPLES  
(W/G) RAISIN BRAN  
CEREAL

11

FRESH APPLES  
(W/G) BREAKFAST  
BARS

12

FRESH PEARS  
(W/G) BAGELS  
CREAM CHEESE

13

FRESH ORANGES  
(W/G) BLUEBERRY  
MUFFINS

14

FRESH BANANAS  
(W/G) BAGELS  
TURKEY BACON  
CHEESE  
(Jelly )

15

**NO SCHOOL!**  
**PRESIDENTS DAY!**

18

FRESH APPLES  
(W/G) CEREAL BARS

19

FRESH PEARS  
(W/G) PANCAKES  
TURKEY HAM  
(Syrup)

20

FRESH ORANGES  
(W/G) BRAN  
MUFFINS

21

FRESH BANANAS  
(W/G) BISCUITS  
TURKEY SAUSAGE  
(Jelly)

22

FRESH RED APPLES  
(W/G) MULTI – GRAIN  
FROSTED FLAKES

25

FRESH APPLES  
(W/G) CINNAMON TOAST  
CRUNCH

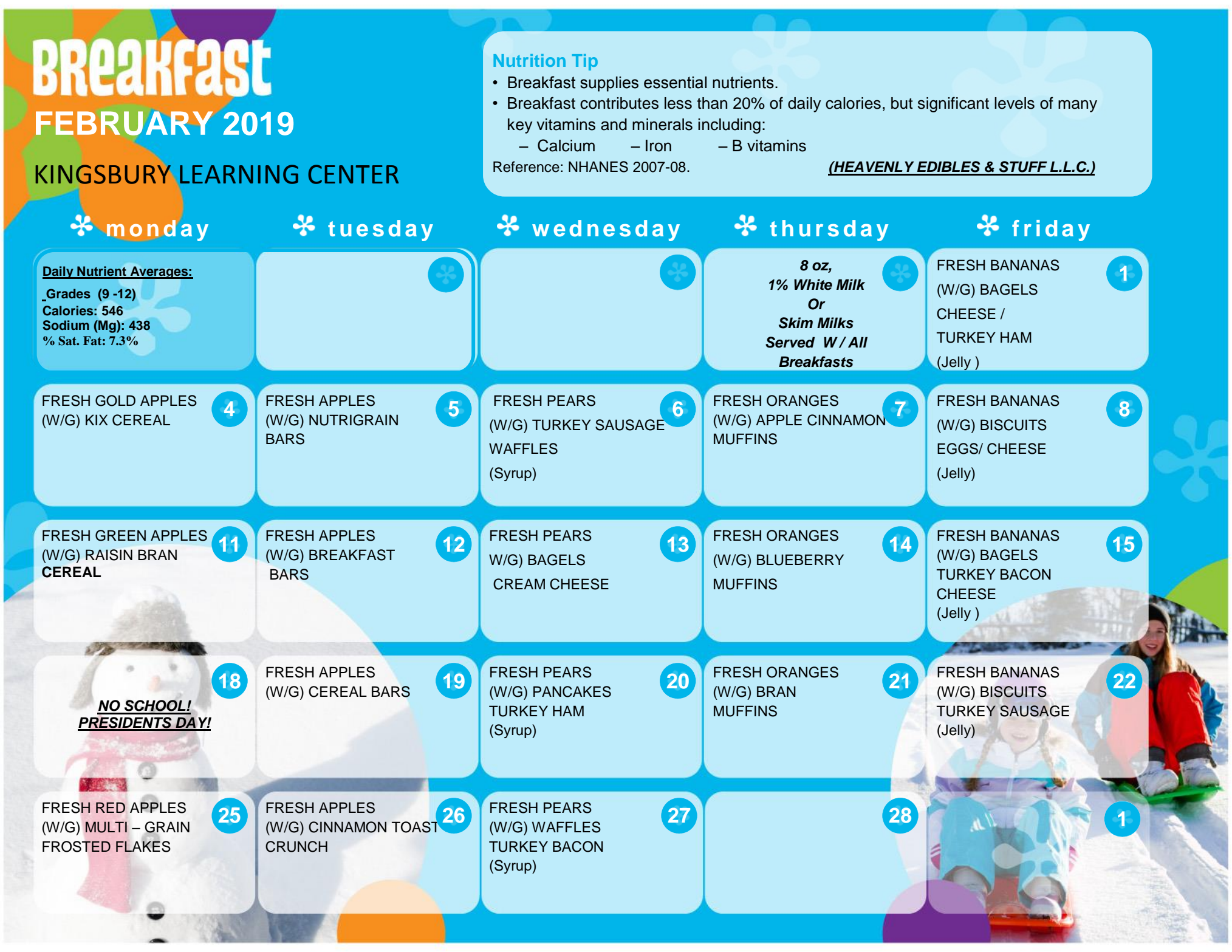
26

FRESH PEARS  
(W/G) WAFFLES  
TURKEY BACON  
(Syrup)

27

28

1



# LUNCH

February 2019

## KINGSBURY LEARNING CENTER

### Nutrition Tip

Make Fruit More Appealing: Make a fruit smoothie by blending fat-free or low-fat milk or yogurt with fresh or frozen fruit. Try bananas, peaches, strawberries, or other berries.

Reference: USDA. MyPlate.gov. Internet: <http://www.myplate.gov/>.



(Vegetarian & Vegan Options Available)



\* tuesday

\* wednesday

\* thursday

\* friday

**1%WHITE MILK**  
**FAT FREE CHOCOLATE MILK**  
**SERVED W /ALL LUNCHES**

**Weekly Nutrient Averages:**  
**Grades 9-12**  
**Calories: 843**  
**Sodium: (Mg) 702**  
**% Sat. Fat: 7.7%**

Chicken / Gravy  
(W/G) Rolls  
Carrots  
Fresh Gold Apples

4

Chicken Patty / Cheese  
(W/G) Buns  
Mixed Vegetables  
Fresh Pears  
(Mayo / Mustard or Ketchup)

5

Macaroni & Cheese  
(W/G) Penne Pasta  
Spinach / Onions  
Fresh Oranges

6

Turkey Burritos  
(W/G) Tortillas / Brown rice  
Refried Beans  
Fresh Bananas  
(Taco Sauce)

7

Turkey & Cheese  
(W/G) Bread  
Potato Soup  
Fresh Seasonal Fruit  
(Mayo / Mustard)

1

Chicken Corn Dogs  
(W/G) Rolls  
Broccoli / Cauliflower  
Fresh Green Apples  
(Ketchup / Mustard)

11

Turkey Taco Meat  
(W/G) Tortillas  
Corn / Red Peppers  
Fresh Pears  
(Taco Sauce)

12

Diced Chicken  
(W/G) Brown Rice  
Sliced Carrots / Tomato Sauce  
Fresh Oranges

13

Turkey Sloppy Joes  
(W/G) Buns  
Baked Potatoes / Chives  
Fresh Bananas

14

Turkey Ham & Cheese  
(W/G) Bread  
Lentil Soup  
Fresh Seasonal Fruit  
(Lite Mayo/Mustard)

15

**PRESIDENTS DAY!**  
**NO SCHOOL!**

18

Chicken Nuggets  
(W/G) Graham crackers  
Mashed Potatoes / Gravy  
Fresh Pears  
(Dipping sauce)

19

Turkey Meat Sauce  
(W/G) Spaghetti  
Broccoli / Marinara Sauce  
Fresh Oranges

20

Chicken Burritos  
(W/G) Tortillas / Rice  
Black beans  
Fresh Bananas  
(Taco sauce)

21

Tuna Salad sandwich  
(W/G) Bread  
Vegetable Soup (Green Beans/  
Carrots /Potatoes )  
Fresh Seasonal Fruit

22

BBQ Chicken Tenders  
(W/G) Biscuits  
Broccoli / Onions  
Fresh Red Apples

25

Chicken Hot Dogs  
(W/G) Buns  
Veggie Baked Beans  
Fresh Pears  
(Ketchup / Mustard)

26

Turkey Meat / Brown Gravy  
(W/G) Brown Rice  
Peas / Corn  
Fresh Oranges

27

Turkey Salisbury Steak/Gravy  
(W/G) Rolls  
Yams  
Fresh Bananas

28

**HEAVENLY EDIBLES**  
**&**  
**STUFF**  
**L.L.C.**