

February 2021

Hybrid/Distance Learning

BREAKFAST



School Information: MENU SUBJECT TO CHANGE WITHOUT NOTICE.



Nutrition Tip: Ready-to-eat cereal consumption encourages milk consumption. Among children 6-12 years old who eat ready-to-eat cereal, 53% of all daily milk consumption is with cereal.



Reference: NHANES 2015-16

Monday

Whole Grain Poptart
Fresh Fruit
Assorted Juice

1

Tuesday

Cold Cereal
Fresh Fruit
Dried Fruit

2

Wednesday

Mini Cinni
Fresh Fruit
Assorted Juice

3

Thursday

Frudel
Fresh Fruit
Dried Fruit

4

Friday

Banana Bread Slice
Fresh Fruit
Assorted Juice

5

Donut holes
Fresh Fruit
Assorted Juice

8

Banana Chocolate Chip Snack
Bread w/ String Cheese
Fresh Fruit
Dried Fruit

9

Breakfast Burrito
Fresh Fruit
Assorted Fruit

10

NO SCHOOL

11

No SCHOOL

12

NO MEALS

NO MEALS

NO SCHOOL

15

Yogurt Cup with Granola
Fresh Fruit
Dried Fruit

16

Breakfast Round
Fresh fruit
Assorted Juice

17

French Toast
Fresh Fruit
Dried Fruit

18

Assorted Muffin
Fresh Fruit
Assorted Juice

19

Blueberry Waffle
Fresh Fruit
Assorted Juice

22

Strawberry Cream Cheese
Bagel
Fresh Fruit
Dried Fruit

23

Pancake Bites
Fresh Fruit
Assorted Juice

24

Whole Grain Poptart
Fresh Fruit
Dried Fruit

25

Cold Cereal
Fresh Fruit
Assorted Fruit

26

