

# February 2021

## Albany Area Elementary

### 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

### Tuesday

### Wednesday

### Thursday

### Friday

Lemon Snack Bread with String Cheese  
Fresh Fruit  
Assorted Juice

1

3

Mini Cinni  
Fresh Fruit  
Dried Fruit

2

4

Whole Grain Poptart  
Fresh Fruit  
Assorted Juice

3

5

Breakfast Round  
Fresh Fruit  
Dried Fruit

4

1

Assorted Cereal  
Fresh Fruit  
Assorted Juice

5

0-5

Yogurt Cup with Granola  
Fresh Fruit  
Assorted Juice

8

2

Donut holes  
Fresh fruit  
Dried Fruit

9

3

Banana Bread Slice  
Fresh Fruit  
Assorted Juice

10

4

NO SCHOOL

11

NO MEALS

NO SCHOOL

12

NO MEALS

NO SCHOOL

15

NO MEALS

Cooks Choice  
Fresh Fruit  
Dried Fruit

16

5

Oatmeal Chocolate Chip Bar  
Fresh Fruit  
Assorted Juice

17

1

Mini Cinni  
Fresh Fruit  
Dried Fruit

18

2

Breakfast Round  
Fresh Fruit  
Assorted Fruit

19

0-1

Breakfast Round  
Fresh Fruit  
Assorted Juice

22

3

Whole Grain Poptart  
Fresh Fruit  
Dried Fruit

23

4

Mini Cinni  
Fresh Fruit  
Assorted Juice

24

5

Lemon Snack Bread with String Cheese  
Fresh Fruit  
Dried Fruit

25

1

At Home Learning Day

26

0-2

