

February 2021

Albany Secondary School

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

Breakfast Sandwich
Fresh Fruit
Assorted Juice

1

Tuesday

Banana Chocolate Chip
Snack Bread with String Cheese
Fresh Fruit
Dried Fruit

2

Wednesday

Long John
Fresh Fruit
Assorted Juice

3

Thursday

French Toast Sticks
Fresh Fruit
Dried Fruit

4

Friday

At Home Learning Day

5

Breakfast Burrito
Fresh Fruit
Assorted Juice

8

Pancake Bites
Fresh Fruit
Dried Fruit

9

Mini Cinni
Fresh Fruit
Assorted Juice

10

NO SCHOOL

11

NO SCHOOL

12

NO MEALS

NO MEALS

NO SCHOOL

15

NO MEALS

Frudels
Fresh Fruit
Dried Fruit

16

Mini Pancakes
Fresh Fruit
Assorted Fruit

17

Cinnamon Toast Crunch Ba
Fresh Fruit
Dried Fruit

18

At Home Learning Day

19

Strawberry Cream Cheese
Bagel
Fresh Fruit
Assorted Fruit

22

Waffles
Fresh Fruit
Dried Fruit

23

Cooks Choice
Fresh Fruit
Assorted Fruit

24

Banana Bread Slice
Fresh Fruit
Dried Fruit

25

At Home Learning Day

26

