

DECA

**FEBRUARY 2023
Breakfast Calendar**

HIGH

Breakfast Meal Pattern –9th-12th

Select a minimum of 3 components

- fruit/ vegetable = 1 cup
- fruit/juice and/or vegetable
- whole grain rich selection(s) = 2oz -
- biscuit, roll, muffin, bread, cereal
- 1 milk = 1 Cup
- fluid milk

Menu is subject to change
without notice



**This institution is an
equal opportunity
provider.**

Mon	Tue	Wed	Thu	Fri
		1 Campfire Smore Bar Yogurt Banana Applesauce Cup Milk	2 Mini Muffin Cheese Stick 100% Fruit Juice Craisins Milk	3 Breakfast Bagel Goldfish 100% Fruit Juice Apple Milk
6 Cherry Strudel Yogurt 100% Fruit Juice Applesauce Cup Milk	7 Cold Cereal Cookies Cream Granola Bar 100% Fruit Juice Banana	8 Donuts Cheese Sticks 100% Fruit Juice Cranberries Milk	9 Cereal Bar 100% Fruit Juice Apple Milk	10 French Toast Sticks Turkey Bacon 100% Fruit Juice Milk/Craisins
13 Cinnamon Toast Cream Cheese Pastry 100% Merry Cherry Applesauce Cup Milk	14 Super Donut GoGurt 100% Merry Cherry Banana Milk	15 Pop Tart Cheddar Goldfish 100% Fruit Juice Apple Slices Milk	16 Scrambled Eggs Cinnamon Pull Apart Peaches 100% Fruit Juice Milk	17 NO SCHOOL
20 NO SCHOOL 	21 Chat Snax Yogurt 100% Fruit Juice Applesauce Cup Milk	22 Cinnamon Bun Turkey Sausage 100% Fruit Juice Apple Slices Milk	23 Cold Cereal Bug Bites 100% Fruit Juice Orange Milk	24 Super Donut Cheese Sticks 100% Fruit Juice Cranberries Milk
27 Strawberry Cream Cheese Stuffed Bagel Applesauce Cup 100% Fruit Juice Milk	28 Bug Bites Yogurt 100% Fruit Juice Apple Milk			