


February 2024 Breakfast Menu Trenton Trentlen County Schools

Heart health:

5 ways to keep your heart healthy:

1. Exercise
2. Pump up the produce
3. Limit salt
4. Go for whole grains
5. Cut out stress

This institution is an equal opportunity employer.

			Thursday, February 1	Friday, February 2
			Pop Tarts Fruit *Smoothies	Cini Minis Fruit
Monday, February 5	Tuesday, February 6	Wednesday, February 7	Thursday, February 8	Friday, February 9
Powdered donuts Fruit	Chicken Fillet Biscuit Fruit	Steak Biscuit Fruit	Grits Eggs Fruit *Smoothies	Cereal Bar Cheese stick Fruit
Monday, February 12	Tuesday, February 13	Wednesday, February 14	Thursday, February 15	Friday, February 16
Sausage Biscuit Fruit	Ham and cheese croissant Fruit	Chocolate Chip Muffins Fruit 	Cheese grits Sausage link *Smoothies	Manager's Choice
Monday, February 19	Tuesday, February 20	Wednesday, February 21	Thursday, February 22	Friday, February 23
No School	No School	Cereal Bar Yogurt Fruit	Breakfast on a stick Fruit *Smoothies	Chicken Filet Biscuit Fruit
Monday, February 26	Tuesday, February 27	Wednesday, February 28	Thursday, February 29	Friday, March 3
Super Donut Fruit	Breakfast Pizza Fruit	Cheese Grits Fruit	French toast sticks Fruit *Smoothies	Sausage Biscuit Fruit

* Choice of Milk Daily * Choice of cereal and toast daily