

Menu Name : Twin Cities International Breakfast Menu						
Grade Level / Age Group : K-8 Grades			Meal Pattern : NSLP		Meal : Breakfast	
FEBRUARY - 2025						
Breakfast	Monday, February 3, 2025	Tuesday, February 4, 2025	Wednesday, February 5, 2025	Thursday, February 6, 2025	Friday, February 7, 2025	Week VI
	Pumpkin Muffin	Chocolate Cake Donut	Apple Cinnamon Brekkie	Lemon Poppysseed Breakfast Bread	Warm Glazed Honey Breakfast Bun	
	100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)	100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)	100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)	100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)	100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)	
Entrée of the Day is 2 Whole Grain Items Equivalent. Chef's Choice, equivalent to 2 Items, may be offered in place of the Entrée of the Day.						
Breakfast	Monday, February 10, 2025	Tuesday, February 11, 2025	Wednesday, February 12, 2025	Thursday, February 13, 2025	Friday, February 14, 2025	Week I
	Apple Frudel	Banana Chocolate Chip Oatmeal Round	Orange Dream Muffin	Mini Cinnis	Warm Choco Donut Bites	
	100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)	100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)	100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)	100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)	100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)	
Entrée of the Day is 2 Whole Grain Items Equivalent. Chef's Choice, equivalent to 2 Items, may be offered in place of the Entrée of the Day.						
Breakfast	Monday, February 17, 2025	Tuesday, February 18, 2025	Wednesday, February 19, 2025	Thursday, February 20, 2025	Friday, February 21, 2025	Week II
	Maple Snack'n Waffle	Vanilla Boli	Trix Big Muffin	Mini Pancake Puffs	Warm French Toast Sticks Pack or WG Brekkie	
	100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)	100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)	100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)	100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)	100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)	
Entrée of the Day is 2 Whole Grain Items Equivalent. Chef's Choice, equivalent to 2 Items, may be offered in place of the Entrée of the Day.						
Breakfast	Monday, February 24, 2025	Tuesday, February 25, 2025	Wednesday, February 26, 2025	Thursday, February 27, 2025	Friday, February 28, 2025	Week III
	Banana Chocolate Chip Oatmeal Round	Glazed Honey Breakfast Bun	Super Slice Bread	Cake Glazed Donut	Warm Chocolate Swirl	
	100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)	100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)	100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)	100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)	100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)	
Entrée of the Day is 2 Whole Grain Items Equivalent. Chef's Choice, equivalent to 2 Items, may be offered in place of the Entrée of the Day.						

Proteins in School Meals

Protein gets a lot of attention these days. In school meals, we categorize protein-rich foods as “meat and meat alternatives.” These include lean meats such as poultry and beef, beans/legumes and cheese. By offering a variety of options on our menus, we accommodate a range of dietary preferences and needs.

These foods are rich sources of protein, essential for building and repairing tissues, supporting immune function, and maintaining overall health. Additionally, they provide vital nutrients such as iron, zinc and B vitamins, which are crucial for cognitive function, energy metabolism and overall well-being.

*** Three Items meet USDA requirements (One item must be fruit).

Skim & 1% milk served daily.

All bread /bread products /chips /tortillas /pastas listed in the menu are whole grain products.

This menu is 100% pork-free.

All rice dishes /rice products are made of whole grain brown rice.



MARCH 2025 Menu (Subject to Change)						
	Monday, March 3, 2025	Tuesday, March 4, 2025	Wednesday, March 5, 2025	Thursday, March 6, 2025	Friday, March 7, 2025	
Breakfast	WG Brekkie	Cinnamon Toast Crunch Muffin	Banana Loaf	Choco Crisp Belgian Waffle	Warm Choco Donut Bites	Week IV
	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	
	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	
<i>Entrée of the Day is 2 Whole Grain Items Equivalent. Chef's Choice, equivalent to 2 Items, may be offered in place of the Entrée of the Day.</i>						
	Monday, March 10, 2025	Tuesday, March 11, 2025	Wednesday, March 12, 2025	Thursday, March 13, 2025	Friday, March 14, 2025	
Breakfast	Strawberry Boli	French Toast Breakfast Bread	Banana Chocolate Chip Muffin	Blueberry Snack'n Waffle	Warm Caramel Mini Cinnis	Week V
	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	
	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	
<i>Entrée of the Day is 2 Whole Grain Items Equivalent. Chef's Choice, equivalent to 2 Items, may be offered in place of the Entrée of the Day.</i>						