

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

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	e fruit).
Skim & 1% milk served daily.	This menu is 100% pork-free.
All bread /bread products /chips /tortillas /pastas listed in the menu are whole grain products.	All rice dishes /rice products are made of whole grain brown rice.



		Ν	1ARCH 2025 Menu (Subject to Chang	e)	
	Monday, March 3, 2025	Tuesday, March 4, 2025	Wednesday, March 5, 2025	Thursday, March 6, 2025	Friday, March 7, 2025
	WG Brekkie	Cinnamon Toast Crunch Muffin	Banana Loaf	Choco Crisp Belgian Waffle	Warm Choco Donut Bites
Breakfast	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)
	Entrée of the	Day is 2 Whole Grain Items Equivale	nt. Chef's Choice, equivalent to 2 Iten	ns, may be offered in place of the Entr	ée of the Day.
	Entrée of the Monday, March 10, 2025	Day is 2 Whole Grain Items Equivale Tuesday, March 11, 2025	nt. Chef's Choice, equivalent to 2 Iten Wednesday, March 12, 2025	ns, may be offered in place of the Entr Thursday, March 13, 2025	ée of the Day. Friday, March 14, 2025
reakfast	Monday, March 10, 2025	Tuesday, March 11, 2025 French Toast Breakfast Bread	Wednesday, March 12, 2025 Banana Chocolate Chip Muffin	Thursday, March 13, 2025 Blueberry Snack'n Waffle	Friday, March 14, 2025
Breakfast	Monday, March 10, 2025 Strawberry Boli	Tuesday, March 11, 2025 French Toast Breakfast Bread 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit	Wednesday, March 12, 2025 Banana Chocolate Chip Muffin 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit	Thursday, March 13, 2025 Blueberry Snack'n Waffle 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit	Friday, March 14, 2025 Warm Caramel Mini Cinnis