

FEBRUARY

Southgate Community Schools



Elementary Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>CEREAL VARIETY (1) GRAHAM(1) APPLESAUCE CUP(1) CHOICE OF MILK(1)</p>	<p>4</p> <p>BANANA BREAD (2) CHEESE STICK (1) 100% FRUIT JUICE(1) CHOICE OF MILK(1)</p>	<p>5</p> <p>YOGURT CUP (1) GRANOLA (1) DRIED CHERRIES (1) CHOICE OF MILK (1)</p>	<p>6</p> <p>LUCKY CHARMS CEREAL BAR (1) DICK AND JANE CRACKERS (1) APPLE SLICES (1) CHOICE OF MILK (1)</p>	<p>7</p> <p>CHEF'S CHOICE(1-2) FRUIT OTD(1) 100% FRUIT JUICE(1) CHOICE OF MILK(1)</p>
<p>10</p> <p>CEREAL VARIETY (1) GRAHAM(1) APPLESAUCE CUP(1) CHOICE OF MILK(1)</p>	<p>11</p> <p>BLUEBERRY MUFFIN FLAT (2) GO-GURT (1) 100% FRUIT JUICE(1) CHOICE OF MILK(1)</p>	<p>12</p> <p>MINI BAGEL W/ CREAM CHEESE (2) GRAHAM CRACKERS (1) SOUR RAISINS (1) CHOICE OF MILK (1)</p>	<p>13</p> <p>DOUBLE CHOCOLATE CHIP MUFFIN (1) CHEESE CUBES (1) FRESH BANANA (1) CHOICE OF MILK (1)</p>	<p> 14 FEB</p> <p>CHEF'S CHOICE(1-2) FRUIT OTD(1) 100% FRUIT JUICE(1) CHOICE OF MILK(1)</p>
<p>17</p> 	<p>18</p> <p>BREAK!</p>			<p>21</p> 
<p>24</p> <p>CEREAL VARIETY (1) GRAHAM(1) APPLESAUCE CUP(1) CHOICE OF MILK(1)</p>	<p>25</p> <p>PUMPKIN BREAD (2) GIANT GOLDFISH GRAHAM (1) 100% FRUIT JUICE (1) CHOICE OF MILK (1)</p>	<p>26</p> <p>FRENCH TOAST SNACK BREAD (2) GO-GURT (1) DRIED CHERRIES (1) CHOICE OF MILK (1)</p>	<p>27</p> <p>BENEFIT BAR (2) CHEESE STICK (1) FRESH APPLE (1) CHOICE OF MILK (1)</p>	<p>28</p> <p>CHEF'S CHOICE(1-2) FRUIT OTD(1) 100% FRUIT JUICE(1) CHOICE OF MILK(1)</p>
				

NOTES:

- REMEMBER TO CHOOSE UP TO 3 ITEMS AND THAT ONE MUST BE A FRUIT!
(ITEM NUMBERS ARE IN BRACKETS)
- WE PROVIDE 1% WHITE MILK AND FAT FREE CHOCOLATE MILK EVERYDAY!
- STUDENTS CAN TAKE UP TO ONE CUP OF FRUIT FOR BREAKFAST. FRUIT IS PACKAGED IN 1/2 CUP SERVINGS.

