

# February

## BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
		<ul style="list-style-type: none"> <li>hot cinnamon toast bagel/fruit</li> <li>french toast muffin/fruit</li> <li>zac omega bar blackberry /fruit (DF)</li> </ul> <p style="text-align: right;">1</p>	<ul style="list-style-type: none"> <li>hot turkey, egg and cheese brekwich /fruit</li> <li>breakfast cinnamon crumble/fruit</li> <li>jumpstart breakfast: mini dipperdoodle /string cheese/ fruit</li> </ul> <p style="text-align: right;">2</p>	<ul style="list-style-type: none"> <li>apple muffin/fruit</li> <li>rf honey buttons cereal/fruit (DF)</li> </ul> <p style="text-align: right;">3</p>
<ul style="list-style-type: none"> <li>zac omega bar apple /fruit (DF)</li> <li>yogurt/dick and janes smart crackers/fruit</li> </ul> <p style="text-align: right;">6</p>	<ul style="list-style-type: none"> <li>hot pancakes w/ syrup/fruit</li> <li>lemon muffin/fruit</li> <li>string cheese/skeeter cinn grahams/fruit</li> </ul> <p style="text-align: right;">7</p>	<ul style="list-style-type: none"> <li>hot buenos dias breakfast burrito/fruit</li> <li>blueberry burst whole grain bagel/cream cheese/fruit</li> <li>apple cinna-grins cereal/ fruit (DF)</li> </ul> <p style="text-align: right;">8</p>	<ul style="list-style-type: none"> <li>hot southwest chicken chorizo and cheese bagel sandwich/fruit</li> <li>blueberry muffin/fruit</li> <li>skeeter honey grahams/cinnamon rumbles/fruit (DF)</li> </ul> <p style="text-align: right;">9</p>	<ul style="list-style-type: none"> <li>plain whole wheat bagel/creamcheese/fruit</li> <li>dipper doodle bar /fruit (DF)</li> </ul> <p style="text-align: right;">10</p>
<ul style="list-style-type: none"> <li>yogurt/granola/ fruit</li> <li>rf honey buttons cereal/fruit (DF)</li> </ul> <p style="text-align: right;">13</p>	<ul style="list-style-type: none"> <li>hot omelet w/ cheese/fruit</li> <li>breakfast cinnamon crumble/fruit</li> <li>zac omega bar strawberry /fruit (DF)</li> </ul> <p style="text-align: right;">14</p>	<ul style="list-style-type: none"> <li>hot classic chicken sausage and cheddar brekwich /fruit</li> <li>apple muffin/fruit</li> <li>rf snow flurries cereal/fruit (DF)</li> </ul> <p style="text-align: right;">15</p>	<ul style="list-style-type: none"> <li>hot egg and sausage quesadilla/fruit</li> <li>plain whole wheat bagel/creamcheese/fruit</li> <li>mini dipperdoodle /hard boiled egg/ fruit (DF)</li> </ul> <p style="text-align: right;">16</p>	<ul style="list-style-type: none"> <li>french toast muffin/fruit</li> <li>rf cocoa critters cereal/fruit (DF)</li> </ul> <p style="text-align: right;">17</p>
<ul style="list-style-type: none"> <li>rf snow flurries cereal/fruit (DF)</li> <li>dipper doodle bar /fruit (DF)</li> </ul> <p style="text-align: right;">20</p>	<ul style="list-style-type: none"> <li>blueberry burst whole grain bagel/cream cheese/fruit</li> <li>yogurt/granola/ fruit</li> </ul> <p style="text-align: right;">21</p>	<ul style="list-style-type: none"> <li>hot pancakes w/ syrup/fruit</li> <li>lemon muffin/fruit</li> <li>zac omega bar blackberry /fruit (DF)</li> </ul> <p style="text-align: right;">22</p>	<ul style="list-style-type: none"> <li>hot classic egg and cheese brekwich /fruit</li> <li>breakfast cinnamon crumble/fruit</li> <li>rf honey buttons cereal/fruit (DF)</li> </ul> <p style="text-align: right;">23</p>	<ul style="list-style-type: none"> <li>blueberry muffin/fruit</li> <li>plain whole wheat bagel/creamcheese/fruit</li> </ul> <p style="text-align: right;">24</p>
<ul style="list-style-type: none"> <li>yogurt/dick and janes smart crackers/fruit</li> <li>zac omega bar strawberry /fruit (DF)</li> </ul> <p style="text-align: right;">27</p>	<ul style="list-style-type: none"> <li>hot cinnamon toast bagel/fruit</li> <li>french toast muffin/fruit</li> <li>rf snow flurries cereal/fruit (DF)</li> </ul> <p style="text-align: right;">28</p>			

## Did You Know?

The average American eats 14 pounds of cereal every year? Grab a spoon and try our whole grain, lightly-sweetened **Honey Buttons, Snow Flurries, and Cocoa Critters** cereals.

**Breakfast:** choice of 1% or fat-free milk; fresh fruit available daily except when fruit juice is offered twice per week.

**Dairy-free (DF) and vegetarian (V)** options available daily – if not listed on the menu, available upon request.

*This institution is an equal opportunity provider*

