

February 2018

Jr. - Sr. High School Breakfast

Student Paid: \$ 1.00 Reduced: \$.25 Adult: \$ 2.30

Menu subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast as EASY as 1-2-3 1. Milk choice 2. 2 servings fruit, juice or vegetable. 1 MUST be a fruit 3. 3. 2 servings of whole grain OR 1 serving of whole grain and 1 serving of protein.	Breakfast IS INCLUDED in the Free/Reduced meal program Start your day with a nutritious breakfast!	Do something Kind for someone unsuspecting It will change your day! 	1 Breakfast Pizza Fruit Juice / Milk	2 Cheesy Eggs w/Toast Fruit Juice / Milk
5 Toasted Bagel w/ cream cheese Fruit Milk / Juice	6 Pancakes w/sausage Fruit Juice / Milk	7 Waffle Wednesday Fruit Juice / Milk	8 Breakfast Pizza Fruit Juice / Milk	9 Egg & Cheese Biscuit Fruit Juice / Milk
12 Scrambled Egg Toast Fruit Juice / Milk	13 French Toast & Sausage on a stick w/ syrup Fruit Juice / Milk	14  Valentines Day Waffles w/ berries Juice / Milk	15 Breakfast Pizza Fruit Juice / Milk	16 Toasted English w/ PBJ Fruit Juice / Milk
19 Mid-Winter Break NO SCHOOL	20 NO SCHOOL	21 NO SCHOOL	22 NO SCHOOL	23 NO SCHOOL
26 Blueberry Muffin String Cheese OR Yogurt Fruit Juice / Milk	27 Pancakes w/sausage Fruit Juice / Milk	28 Waffle Wednesday Fruit Juice / Milk	Students MUST take at least 3 of the offered daily meal components and 1 MUST be a fruit. This is required by USDA To participate in the NSLP	Parents pre pay your students meal account using www.MySchoolBucks.com Visit the site to see daily transactions

Parents - please sign up and prepay your student's meal account at www.myschoolbucks.com