

February 2019



Jr. - Sr. High School Breakfast

Student Paid: \$1.25 Reduced: \$.25 Adult: \$2.55 + tax Menu subject to change

Pride in Food Service Week - February 4 - 8th

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| | Breakfast IS INCLUDED in the Free/Reduced meal program Start your day with a nutritious breakfast! | 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 | February is National Heart Health Month! Make Wise food choices, more fruits and veggies, less fat and sugar | 1 Breakfast Pizza Fruit, Juice & Milk |
| 4 Raised 'N Glazed Donut Fruit, Juice & Milk | 5 Pancakes w/sausage Fruit, Juice & Milk | 6 Waffle Wednesday Fruit, Juice & Milk | 7 Egg & Cheese Biscuit Fruit, Juice & Milk | 8 Breakfast Pizza Fruit, Juice & Milk |
| 11 English Muffin w/ PBJ Fruit, Juice & Milk | 12 French Toast Bites w/ syrup Fruit, Juice & Milk | 13 Fluffy Scrambled Eggs Bacon & Toast Fruit, Juice & Milk | 14 Valentine's Day! Ol' Fashioned Funnel Cakes With Strawberries & Cream Fruit, Juice, Milk | 15 Breakfast Pizza Fruit, Juice & Milk |
| 18 Mid-Winter Break NO SCHOOL | 19 Mid-Winter Break NO SCHOOL | 20 Mid-Winter Break NO SCHOOL | 21 Mid-Winter Break NO SCHOOL | 22 Mid-Winter Break NO SCHOOL |
| 25 Blueberry Muffin String Cheese OR Yogurt Fruit, Juice & Milk | 26 Pancakes w/ syrup Fruit, Juice & Milk | 27 Ham, Egg & Cheese on A Flatbread Fruit, Juice & Milk | 28 Fruit & Yogurt Parfait w/ cinnamon granola Juice & Milk | <small>ChooseMyPlate.gov</small> |