

February 2018 Elementary & Middle School Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Yogurt with Granola Peach Slices Assorted 100% Juice	2 Breakfast Pizza Orange Smiles Assorted 100% Juice
5 Sausage with Biscuit Breakfast Break Fruit Cocktail Assorted 100% Juice Hashbrown	6 Cheesy Breadstick Baked Apples Assorted 100% Juice	7 Breakfast Chicken with Biscuit Fresh Banana Assorted 100% Juice	8 Yogurt with Cinnamon Goldfish Graham Fresh Apple Assorted 100% Juice	9 Breakfast Pizza Orange Smiles Assorted 100% Juice
12 Sausage with Biscuit Breakfast Break Applesauce Assorted 100% Juice Hashbrown	13 Canadian Bacon, Egg, & Cheese Biscuit Pineapple Tidbits Assorted 100% Juice	14 French Toast Fresh Banana Assorted 100% Juice	15 Yogurt with Granola Peach Slices Assorted 100% Juice	16 Breakfast Pizza Orange Smiles Assorted 100% Juice
19 Sausage with Biscuit Breakfast Break Fruit Cocktail Assorted 100% Juice Hashbrown	20 French Toast Baked Apples Assorted 100% Juice	21 Breakfast Steak with Biscuit Fresh Banana Assorted 100% Juice	22 Yogurt with Cinnamon Goldfish Graham Fresh Apple Assorted 100% Juice	23 Breakfast Pizza Orange Smiles Assorted 100% Juice
26 Sausage with Biscuit Breakfast Break Applesauce Assorted 100% Juice Hashbrown	27 Canadian Bacon, Egg, & Cheese Biscuit Pineapple Tidbits Assorted 100% Juice	28 French Toast Fruit Cocktail Assorted 100% Juice		

Breakfast Prices: Elementary Full Pay \$1.00 • Middle/High Full Pay \$1.15 • Approved Reduced \$0.30 • Adults/Visitors \$1.80

A la Carte 1/2 Pint Milk: \$0.50 each, any flavor

Choice of fresh fruit or 100% juice, crisp side salad, and a variety of milk are offered each day at breakfast and lunch!

Help yourself to delicious fruits and vegetables! In order to count as a reimbursable meal, each student must have 1/2 cup fruit or vegetable on their tray.

★ Pre-K options are available on the Pre-K Breakfast Menu. ★

Nutrition Information available on page 2 • This institution is an equal opportunity provider.

February 2018 Elementary & Middle School Breakfast Menu Nutrition Information

Monday	Tuesday	Wednesday	Thursday	Friday
Calories Total Fat (g) Sat. Fat (g) Carbs (g) Sodium (mg)	Calories Total Fat (g) Sat. Fat (g) Carbs (g) Sodium (mg)	Calories Total Fat (g) Sat. Fat (g) Carbs (g) Sodium (mg)	Calories Total Fat (g) Sat. Fat (g) Carbs (g) Sodium (mg)	Calories Total Fat (g) Sat. Fat (g) Carbs (g) Sodium (mg)
			1 Yogurt 60 0 0 11 50 with Granola 120 3.5 0 20 75 Peach Slices 60 0 0 10 0 Assorted 100% Juice 60 0 0 14 0	2 Breakfast Pizza 210 7 2 27 350 Orange Smiles 62 0 0 15 0 Assorted 100% Juice 60 0 0 14 0
5 Sausage 230 22 7 1 170 with Biscuit 250 12 6 31 490 Breakfast Break 270 6 1.5 55 350 Fruit Cocktail 60 0 0 14 10 Assorted 100% Juice 60 0 0 14 0 Hashbrown 130 7 0.5 15 240	6 Cheesy Breadstick 150 6 3 15 240 Baked Apples 80 0 0 20 27 Assorted 100% Juice 60 0 0 14 0	7 Breakfast Chicken 96 4 1 7 207 with Biscuit 250 12 6 31 490 Fresh Banana 108 0 0 28 0 Assorted 100% Juice 60 0 0 14 0	8 Yogurt 60 0 0 11 50 with Cinnamon 120 4 1 19 110 Goldfish Graham 120 4 1 19 110 Fresh Apple 55 0 0 14 0 Assorted 100% Juice 60 0 0 14 0	9 Breakfast Pizza 210 7 2 27 350 Orange Smiles 62 0 0 15 0 Assorted 100% Juice 60 0 0 14 0
12 Sausage 230 22 7 1 170 with Biscuit 250 12 6 31 490 Breakfast Break 270 6 1.5 55 350 Applesauce 50 0 0 13 10 Assorted 100% Juice 60 0 0 14 0 Hashbrown 130 7 0.5 15 240	13 Canadian Bacon, Egg, & Cheese Biscuit 334 17 8 32 747 Pineapple Tidbits 80 0 0 20 0 Assorted 100% Juice 60 0 0 14 0	14 French Toast 200 8 1.5 25 290 Fresh Banana 108 0 0 28 0 Assorted 100% Juice 60 0 0 14 0	15 Yogurt 60 0 0 11 50 with Granola 120 3.5 0 20 75 Peach Slices 60 0 0 10 0 Assorted 100% Juice 60 0 0 14 0	16 Breakfast Pizza 210 7 2 27 350 Orange Smiles 62 0 0 15 0 Assorted 100% Juice 60 0 0 14 0
19 Sausage 230 22 7 1 170 with Biscuit 250 12 6 31 490 Breakfast Break 270 6 1.5 55 350 Fruit Cocktail 60 0 0 14 10 Assorted 100% Juice 60 0 0 14 0 Hashbrown 130 7 0.5 15 240	20 French Toast 200 8 1.5 25 290 Baked Apples 80 0 0 20 27 Assorted 100% Juice 60 0 0 14 0	21 Breakfast Steak 220 17 5 9 360 with Biscuit 250 12 6 31 490 Fresh Banana 108 0 0 28 0 Assorted 100% Juice 60 0 0 14 0	22 Yogurt 60 0 0 11 50 with Cinnamon 120 4 1 19 110 Goldfish Graham 120 4 1 19 110 Fresh Apple 55 0 0 14 0 Assorted 100% Juice 60 0 0 14 0	23 Breakfast Pizza 210 7 2 27 350 Orange Smiles 62 0 0 15 0 Assorted 100% Juice 60 0 0 14 0
26 Sausage 230 22 7 1 170 with Biscuit 250 12 6 31 490 Breakfast Break 270 6 1.5 55 350 Applesauce 50 0 0 13 10 Assorted 100% Juice 60 0 0 14 0 Hashbrown 130 7 0.5 15 240	27 Canadian Bacon, Egg, & Cheese Biscuit 334 17 8 32 747 Pineapple Tidbits 80 0 0 20 0 Assorted 100% Juice 60 0 0 14 0	28 French Toast 200 8 1.5 25 290 Fruit Cocktail 60 0 0 14 10 Assorted 100% Juice 60 0 0 14 0	Disclaimer: The nutrition information provided is an estimate of the nutrition content within the menu items, and therefore should be used for general information only. Due to product substitutions and changes, nutrition content may vary. Please contact the cafeteria manager if you need additional information.	

Breakfast Prices: Elementary Full Pay \$1.00 • Middle/High Full Pay \$1.15 • Approved Reduced \$0.30 • Adults/Visitors \$1.80

A la Carte 1/2 Pint Milk: \$0.50 each, any flavor

Choice of fresh fruit or 100% juice, crisp side salad, and a variety of milk are offered each day at breakfast and lunch!

Help yourself to delicious fruits and vegetables! In order to count as a reimbursable meal, each student must have 1/2 cup fruit or vegetable on their tray.

★ Pre-K options are available on the Pre-K Breakfast Menu. ★

This institution is an equal opportunity provider.