

# February 2018 Grab & Go Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Yogurt with Cinnamon Goldfish Graham Fresh Apple Assorted 100% Juice	2 Breakfast Pizza Fresh Pear Assorted 100% Juice
5 French Toast Fresh Apple Assorted 100% Juice	6 Cheesy Breadstick Fresh Pear 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 Fresh Pear Assorted 100% Juice
12 Sausage with Biscuit Fresh Apple Assorted 100% Juice	13 Sausage, Egg, & Cheese Biscuit Slider Fresh Pear Assorted 100% Juice	14 French Toast Fresh Banana Assorted 100% Juice	15 Yogurt with Cinnamon Goldfish Graham Fresh Apple Assorted 100% Juice	16 Breakfast Pizza Fresh Pear Assorted 100% Juice
19 Cheesy Breadstick Fresh Apple Assorted 100% Juice	20 French Toast Fresh Pear 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 Fresh Pear Assorted 100% Juice
26 Sausage with Biscuit Fresh Apple Assorted 100% Juice	27 Sausage, Egg, & Cheese Biscuit Slider Fresh Pear Assorted 100% Juice	28 Cinnamon Minis Fresh Banana Assorted 100% Juice		

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

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

**A variety of milk is offered daily 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.**

**Grab & Go Breakfast is currently available at Oakland Elementary, Kenwood Middle, Montgomery Central Middle, and New Providence Middle.**

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

# February 2018 Grab & Go Breakfast Menu Nutrition Information

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
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)
			<b>1</b> Yogurt with Cinnamon Goldfish Graham 120 4 1 19 110 Fresh Apple 55 0 0 14 0 Assorted 100% Juice 60 0 0 14 0	<b>2</b> Breakfast Pizza 210 7 2 27 350 Fresh Pear 96 0 0 23 0 Assorted 100% Juice 60 0 0 14 0
<b>5</b> French Toast 200 8 1.5 25 290 Fresh Apple 55 0 0 14 0 Assorted 100% Juice 60 0 0 14 0	<b>6</b> Cheesy Breadstick 190 6 2 25 220 Fresh Pear 96 0 0 23 0 Assorted 100% Juice 60 0 0 14 0	<b>7</b> Breakfast Chicken with Biscuit 250 12 6 31 490 Fresh Banana 108 0 0 28 0 Assorted 100% Juice 60 0 0 14 0	<b>8</b> Yogurt with Cinnamon Goldfish Graham 120 4 1 19 110 Fresh Apple 55 0 0 14 0 Assorted 100% Juice 60 0 0 14 0	<b>9</b> Breakfast Pizza 210 7 2 27 350 Fresh Pear 96 0 0 23 0 Assorted 100% Juice 60 0 0 14 0
<b>12</b> Sausage with Biscuit 250 12 6 31 490 Fresh Apple 55 0 0 14 0 Assorted 100% Juice 60 0 0 14 0	<b>13</b> Sausage, Egg, & Cheese Biscuit Slider 150 4.5 1.5 21 280 Fresh Pear 96 0 0 23 0 Assorted 100% Juice 60 0 0 14 0	<b>14</b> French Toast 200 8 1.5 25 290 Fresh Banana 108 0 0 28 0 Assorted 100% Juice 60 0 0 14 0	<b>15</b> Yogurt with Cinnamon Goldfish Graham 120 4 1 19 110 Fresh Apple 55 0 0 14 0 Assorted 100% Juice 60 0 0 14 0	<b>16</b> Breakfast Pizza 210 7 2 27 350 Fresh Pear 96 0 0 23 0 Assorted 100% Juice 60 0 0 14 0
<b>19</b> Cheesy Breadstick 190 6 2 25 220 Fresh Apple 55 0 0 14 0 Assorted 100% Juice 60 0 0 14 0	<b>20</b> French Toast 200 8 1.5 25 290 Fresh Pear 96 0 0 23 0 Assorted 100% Juice 60 0 0 14 0	<b>21</b> Breakfast Steak with Biscuit 250 12 6 31 490 Fresh Banana 108 0 0 28 0 Assorted 100% Juice 60 0 0 14 0	<b>22</b> Yogurt with Cinnamon Goldfish Graham 120 4 1 19 110 Fresh Apple 55 0 0 14 0 Assorted 100% Juice 60 0 0 14 0	<b>23</b> Breakfast Pizza 210 7 2 27 350 Fresh Pear 96 0 0 23 0 Assorted 100% Juice 60 0 0 14 0
<b>26</b> Sausage with Biscuit 250 12 6 31 490 Fresh Apple 55 0 0 14 0 Assorted 100% Juice 60 0 0 14 0	<b>27</b> Sausage, Egg, & Cheese Biscuit Slider 150 4.5 1.5 21 280 Fresh Pear 96 0 0 23 0 Assorted 100% Juice 60 0 0 14 0	<b>28</b> Cinnamon Minis 240 8 2 40 300 Fresh Banana 108 0 0 28 0 Assorted 100% Juice 60 0 0 14 0	<b>Disclaimer:</b> 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.	

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