



Secondary Breakfast– February 2018



EVERYDAY CHOICES

Fresh Apple, Orange 12-23g or
Banana

Fruit Juice 12-14g and Milk 12g




MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

			<p>1</p> <p>Choose one: Pancakes w/ Sausage Patties 42g Parfait 66g Cold Cereal 21-24g</p> <p>Served with: Toaster Pastry Apple, Banana or Orange 12-23g Fruit Juice 12-14g Milk 12g</p>	<p>2</p> <p>Choose one: Biscuit w/ Canadian Ham and Cheese 29g Parfait 66g Cold Cereal 21-24g</p> <p>Served with: Whole Wheat Toast 15g Apple, Banana or Orange 12-23g Fruit Juice 12-14g Milk 12g</p>
<p>5</p> <p>Choose one: Waffles 46g Parfait 66g Cold Cereal 21-24g</p> <p>Served with: Whole Grain Muffin Apple, Banana or Orange 12-23g Fruit Juice 12-14g Milk 12g</p>	<p>6</p> <p>Choose one: Sausage/ Cheese Pita Pocket 15g Parfait 66g Cold Cereal 21-24g</p> <p>Served with: Whole Wheat Toast 15g Apple, Banana or Orange 12-23g Fruit Juice 12-14g Milk 12g</p>	<p>7</p> <p>Choose one: English Muffin w/ Canadian Ham & Cheese 26g Parfait 66g Cold Cereal 21-24g</p> <p>Served with: Toaster Pastry Apple, Banana or Orange 12-23g Fruit Juice 12-14g Milk 12g</p>	<p>8</p> <p>Choose one: Breakfast Pizza 22g Parfait 66g Cold Cereal 21-24g</p> <p>Served with: Whole Grain Muffin Apple, Banana or Orange 12-23g Fruit Juice 12-14g Milk 12g</p> <p>11</p>	<p>9</p> <p>Choose one: French Toast 26g Parfait 66g Cold Cereal 21-24g</p> <p>Served with: Fruit Cereal Bar Apple, Banana or Orange 12-23g Fruit Juice 12-14g Milk 12g</p>
<p>12</p> <p>Choose one: Hot Oatmeal 53g Parfait 66g Cold Cereal 21-24g</p> <p>Served with: Toaster Pastry Apple, Banana or Orange 12-23g Fruit Juice 12-14g Milk 12g</p>	<p>13</p> <p>Choose one: Pancakes w/ Sausage Patty 42g Parfait 66g Cold Cereal 21-24g</p> <p>Served with: Whole Grain Muffin Apple, Banana or Orange 12-23g Fruit Juice 12-14g Milk 12g</p>	<p>14</p> <p>Choose one: Scramble Eggs w/ Hash Brown 19g Parfait 66g Cold Cereal 21-24g</p> <p>Served with: Whole Wheat Toast 15g Apple, Banana or Orange 12-23g Fruit Juice 12-14g Milk 12g</p>	<p>15</p> <p>Choose one: Biscuit w/ Sausage & Cheese 29g Parfait 66g Cold Cereal 21-24g</p> <p>Served with: Fruit Cereal Bar Apple, Banana or Orange 12-23g Fruit Juice 12-14g Milk 12g</p>	<p>16</p> <p>Choose one: Maple Sausage Pancake 17g Parfait 66g Cold Cereal 21-24g</p> <p>Served with: Breakfast Bread Apple, Banana or Orange 12-23g Fruit Juice 12-14g Milk 12g</p>
<p>19</p> <p>Presidents' Day</p>  <p>3rd Monday in February No School</p>	<p>20</p> <p>Choose one: Loaded Breakfast Toast 18g Parfait 66g Cold Cereal 21-24g</p> <p>Served with: Toaster Pastry Apple, Banana or Orange 12-23g Fruit Juice 12-14g Milk 12g</p>	<p>21</p> <p>Choose one: French Toast 25g Parfait 66g Cold Cereal 21-24g</p> <p>Served with: Whole Wheat Toast 15g Apple, Banana or Orange 12-23g Fruit Juice 12-14g Milk 12g</p>	<p>22</p> <p>Choose one: Breakfast Pizza 22g Parfait 66g Cold Cereal 21-24g</p> <p>Served with: Fruit Cereal Bar Apple, Banana or Orange 12-23g Fruit Juice 12-14g Milk 12g</p>	<p>23</p> <p>Choose one: Biscuit w/ Sausage Patty 29g Parfait 66g Cold Cereal 21-24g</p> <p>Served with: Whole Wheat Toast 15g Apple, Banana or Orange 12-23g Fruit Juice 12-14g Milk 12g</p>
<p>26</p> <p>Choose one: Southern Peach Biscuit 31g Parfait 66g Cold Cereal 21-24g</p> <p>Served with: Whole Grain Muffin Apple, Banana or Orange 12-23g Fruit Juice 12-14g</p>	<p>27</p> <p>Choose one: Apple Cinnamon Sausage Pancake 18g Parfait 66g Cold Cereal 21-24g</p> <p>Served with: Fruit Cereal Bar Apple, Banana or Orange 12-23g</p>	<p>28</p> <p>Choose one: Scramble Eggs w/ Hash Brown 19g Parfait 66g Cold Cereal 21-24g</p> <p>Served with: Whole Wheat Toast 15g Apple, Banana or Orange 12-23g</p>		

Menu subject to change without notice.

This institution is an equal opportunity employer and provider.