

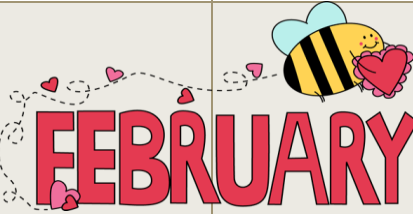


# FEBRUARY 2017

# BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 Mini Waffles w/Syrup Pears Fruit Juice Milk	2 Breakfast Pizza Peach Slices Fruit Juice Milk	3 Whole Grain Muffin Rosy Applesauce Fruit Juice Milk	4	5
6 <b>NO SCHOOL</b>	7 Whole Grain Cereal String Cheese Diced Pears Fruit Juice Milk	8 Doughnut Fresh Orange Fruit Juice Milk	9 Granola Bar Yogurt Fruit Juice Milk	10 Pop Tart Fresh Strawberries Fruit Juice Milk	11 	12
13 Whole Grain Cereal Graham Crackers Fresh Pineapple Fruit Juice Milk	14 Cereal Bar Yogurt Tropical Fruit Fruit Juice Milk	15 Whole Grain Toast w/ Jelly or Peanut Butter Fruit Juice Milk	16 Pop Tarts String Cheese Sliced Pears Fruit Juice Milk	17 Whole Grain Cereal Fresh Strawberries Fruit Juice Milk	18	19
20 <b>NO SCHOOL</b>	21 French Toast Sticks w/Syrup Fresh Grapes Fruit Juice Milk	22 Oatmeal Breakfast Round Yogurt Cup Strawberries & Bananas Fruit Juice Milk	23 Whole Wheat Bagel w/Toppings Fresh Apple Slices Fruit Juice Milk	24 Quick Blueberry Bubble Bread Mandarin Oranges Fruit Juice Milk	25	26
27 Whole Grain Cinnamon Roll Fresh Banana Yogurt Fruit Juice Milk	28 Mini Waffles w/Syrup Pear Halves Fruit Juice Milk					
This institution is an equal opportunity provider.		<p>NOTES: Just saying "Eat your vegetables" or "Drink your milk" may not get your youngster to eat his veggies or drink his milk. Instead, try strategies like these for encouraging him to have nutritious foods: ** Discuss the food you're enjoying, not what you're limiting. For example, if you're service fresh fruit rather than cake for dessert, you might say, "These grapes are so sweet, and I love how they pop when I bite them." ** Rather than telling your child to eat something because it's healthy, focus on what the food will do for him. You might say, "This breakfast will give you lots of energy so you can run up and down the soccer field the whole time you're in the game."</p>				