


FEBRUARY 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 NO SCHOOL	2 Whole Grain Cereal Yogurt Cup Fresh Grapes Fruit Juice Milk	3 Biscuit & Gravy Pineapple Chunks Fruit Juice Milk	4 Scumptious Coffeecake Mandarin Oranges Fruit Juice Milk	5 French Toast Sticks with Syrup Fruit Cocktail Fruit Juice Milk	6	7
8 Whole Grain Cereal Cheese Stick Rosy Applesauce Fruit Juice Milk	9 Cinnamon Twists Fresh Banana Fruit Juice Milk	10 Kansas Granola Bar Whole Grain Cereal Fruit Juice Milk	11 Sausage Biscuit Breakfast Sandwich Fresh Orange Fruit Juice Milk	12 Pancake on a Stick with Syrup Pineapple Chunks Milk	13	14 
15 NO SCHOOL	16 French Toast Sticks with Syrup Sliced Pears Fruit Juice Milk	17 Oatmeal Breakfast Round Yogurt Cup Fresh Pineapple Fruit Juice Milk	18 Breakfast Pizza Fresh Strawberries Fruit Juice Milk	19 Whole Wheat Bagel with Toppings Fruit Cocktail Fruit Juice Milk	20	21
22 Biscuit & Gravy Applesauce Fruit Juice Milk	23 Whole Grain Cereal String Cheese Banana Fruit Juice Milk	24 Whole Grain Breakfast Pastry Peaches Yogurt Cup Fruit Juice Milk	25 Sausage Breakfast Sandwich Strawberries & Bananas Fruit Juice Milk	26 Whole Grain Muffin Whole Grain Cereal Mandarin Oranges Fruit Juice Milk	27	28
29 Quick Blueberry Bubble Bread Vanilla Yogurt Fresh Apple Fruit Juice Milk						
This institution is an equal opportunity provider.		<p>NOTES: Cut back on your kid's sweet treats. Play detective in the cereal aisle. Show kids how to find the amount of total sugars in various cereals. Challenge them to compare cereals they like and select the one with the lowest amount of sugar. Make fruit the everyday dessert. Serve baked apples, pears, or enjoy a fruit salad. Or, serve yummy frozen juice bars (100% juice) instead of high calorie desserts. Sip Smarter. Soda and other sweet drinks contain a lot of sugar and are high in calories. Offer water, 100% juice, or fat-free milk when kids are thirsty.</p>				

B R E A K F A S T M E N U