

Breakfast Meal Pattern - K-8th

Select a minimum of 3 components

1 fruit/ vegetable = 1 cup

--fruit/juice and/or vegetable

1 whole grain rich selection(s) = 1oz

--biscuit, roll, muffin, bread, cereal

1 milk = 1 Cup

--fluid milk

Menu is subject to change
without notice



**Eat Smart
to Play Hard**



Eat fruits and veggies
at meals and for snacks

**This institution is an
equal opportunity
provider.**

CITY DAY

FEBRUARY 2021

Breakfast Calendar In Person

	Mon	Tue	Wed	Thu	Fri
1	Cereal Bar Applesauce Milk/Juice	2 Breakfast Bar Apple Milk	3 Cocoa Puff Pastry Banana Apple Cherry Juice Milk	4	5
8	Breakfast Bar 100% Fruit Juice Raisins Milk	9 Yogurt Scooby Sticks Banana Milk	10 CTC Puff Pastry Fruit Cup Apple Juice Milk	11	12
15	PRESIDENT'S DAY NO SCHOOL Zee Zee Bar Applesauce Milk/Juice	16 Cinnamon Muffin Turkey Sausage Apple Milk	17 Yogurt Scooby Sticks Banana Milk	18	19
22	Cereal Bar 100% Fruit Juice Raisins Milk	23 CTC Puff Pastry Banana Milk	24 Wg Bagel Grape Jelly Applesauce Raisins Milk	25	26

