

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**

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

