

February K-12 Breakfast Menu

2018

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
<p>Menu Subject to Change.</p> <p>Each meal served with choice of 1c 1% milk (12g) or 1c fat-free flavored milk (22g). Enjoy!</p>			4oz 100% juice (15) ½ c Fresh orange (15) 1oz equ WG Trix cereal (24) 4oz Yogurt cup (16) Milk	4oz 100% juice (15) ¼ c Craisins (½ c equ) (28) 1oz equ WG mini biscuit (13) Turkey sausage links - 2 count (1.25oz meat) Margarine cup Milk
5	6	7	8	9
4oz 100% juice (15) ½ c Strawberries (22) 1oz equ WG goldfish grahams (19) 0.75oz Cheddar cheese Milk	4oz 100% juice (15) ½ c Fresh apple (15) 1oz equ WG Cinnamon Toast Crunch cereal (22) 1oz equ WG animal crackers (21) Milk	4oz 100% juice (15) ¼ c Raisins (½ c equ) (31) WG breakfast pizza (1.5oz grain, 1oz meat) (28) Milk	4oz 100% juice (15) ½ c Fresh orange (15) 1oz equ WG Cocoa Puffs cereal (25) 4oz Yogurt cup (16) Milk	4oz 100% juice (15) ¼ c Craisins (½ c equ) (28) 1.75oz equ WG French toast sticks (27) Syrup cup (29) Milk
12	13	14	15	16
4oz 100% juice (15) ½ c Strawberries (22) 1oz equ WG goldfish grahams (19) 0.75oz Cheddar cheese Milk	4oz 100% juice (15) ½ c Fresh apple (15) 1oz equ WG Apple Cinnamon Cheerios cereal (22) 1oz equ WG animal crackers (21) Milk	4oz 100% juice (15) ¼ c Raisins (½ c equ) (31) 1oz equ WG mini biscuit (13) WG chicken nuggets - 2 count (0.25oz grain, 0.75oz meat) (6) Syrup cup (29) Milk	4oz 100% juice (15) ½ c Fresh orange (15) 1oz equ WG Cheerios (20) 4oz Yogurt cup (16) Milk	4oz 100% juice (15) ¼ c Craisins (½ c equ) (28) WG breakfast sliders (1.25oz grain, 0.75oz meat) (21) Milk
19	20	21	22	23
4oz 100% juice (15) ½ c Strawberries (22) 1oz equ WG goldfish grahams (19) 0.75oz Cheddar cheese Milk	4oz 100% juice (15) ½ c Fresh apple (15) 1oz equ WG Golden Grahams cereal (24) 1oz equ WG animal crackers (21) Milk	4oz 100% juice (15) ¼ c Raisins (½ c equ) (31) 2oz equ WG pancakes (41) Syrup cup (29) Milk	4oz 100% juice (15) ½ c Fresh orange (15) 1oz equ WG Trix cereal (24) 4oz Yogurt cup (16) Milk	4oz 100% juice (15) ¼ c Craisins (½ c equ) (28) 1oz equ WG mini biscuit (13) Turkey sausage links - 2 count (1.25oz meat) Margarine cup Milk
26	27	28		
4oz 100% juice (15) ½ c Strawberries (22) 1oz equ WG goldfish grahams (19) 0.75oz Cheddar cheese Milk	4oz 100% juice (15) ½ c Fresh apple (15) 1oz equ WG Cinnamon Toast Crunch cereal (22) 1oz equ WG animal crackers (21) Milk	4oz 100% juice (15) ¼ c Raisins (½ c equ) (31) WG breakfast pizza (1.5oz grain, 1oz meat) (28) Milk		