

# FEBRUARY 2019 JR & SR HIGH BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>FRUIT &amp; YOGURT SMOOTHIES, PARFAITS WITH FRUIT &amp; GRANOLA GRAB N'GO BREAKFAST AVAILABLE DAILY!</u></p> <p>CEREAL &amp; TOAST</p>	<p><i>Happy Valentines Day</i></p>			<p><b>1</b></p> <p>BREAKFAST SANDWICH W/HAM, EGG &amp; CHEESE FRUIT, JUICE AND MILK CHOICES</p> <p>CEREAL &amp; TOAST</p>
<p><b>4</b></p> <p>WG WAFFLE STICKS WITH SYRUP FRUIT, JUICE AND MILK CHOICES</p> <p>CEREAL &amp; TOAST</p>	<p><b>5</b></p> <p>APPLESAUCE MUFFINS FRUIT, JUICE AND MILK CHOICES</p> <p>CEREAL &amp; TOAST</p>	<p><b>6</b></p> <p>CHEESE OMELETTE WITH SAUSAGE &amp; TOAST FRUIT, JUICE AND MILK CHOICES</p> <p>CEREAL &amp; TOAST</p>	<p><b>7</b></p> <p>BREAKFAST PIZZA WITH BACON, EGG AND CHEESE FRUIT, JUICE AND MILK CHOICES</p> <p>CEREAL &amp; TOAST</p>	<p><b>8</b></p> <p>WARM CINNAMON ROLL FRUIT, JUICE AND MILK CHOICES</p> <p>CEREAL &amp; TOAST</p>
<p><b>11</b></p> <p>BREAKFAST SANDWICH WITH EGG, HAM &amp; CHEESE FRUIT, JUICE AND MILK CHOICES</p> <p>CEREAL &amp; TOAST</p>	<p><b>12</b></p> <p>BREAKFAST BURRITO WITH EGG, HAM AND CHEESE FRUIT, JUICE AND MILK CHOICES</p> <p>CEREAL &amp; TOAST</p>	<p><b>13</b></p> <p>BLUEBERRY MUFFIN FRUIT, JUICE AND MILK CHOICES</p> <p>CEREAL &amp; TOAST</p>	<p><b>14</b></p> <p>CHEESY EGGS AND HAM, TOAST FRUIT, JUICE AND MILK CHOICES</p> <p>CEREAL &amp; TOAST</p>	<p><b>15</b></p> <p>BAGEL WITH CREAM CHEESE FRUIT, JUICE AND MILK CHOICES</p> <p>CEREAL &amp; TOAST</p>
<p><b>18</b></p> <p><u>NO SCHOOL!</u></p> <p></p> <p>CEREAL &amp; TOAST</p>	<p><b>18</b></p> <p><u>NO SCHOOL!</u></p> <p></p> <p>CEREAL &amp; TOAST</p>	<p><b>20</b></p> <p><u>NO SCHOOL!</u></p> <p></p> <p>CEREAL &amp; TOAST</p>	<p><b>21</b></p> <p><u>NO SCHOOL!</u></p> <p></p> <p>CEREAL &amp; TOAST</p>	<p><b>22</b></p> <p><u>NO SCHOOL!</u></p> <p></p> <p>CEREAL &amp; TOAST</p>
<p><b>25</b></p> <p>WG BAGEL WITH CREAM CHEESE FRUIT, JUICE AND MILK CHOICES</p> <p>CEREAL &amp; TOAST</p>	<p><b>26</b></p> <p>SCRAMBLED EGGS, SAUSAGE AND TOAST FRUIT, JUICE AND MILK CHOICES</p> <p>CEREAL &amp; TOAST</p>	<p><b>27</b></p> <p>BREAKFAST PIZZA WITH BACON, EGG AND CHEESE FRUIT, JUICE AND MILK CHOICES</p> <p>CEREAL &amp; TOAST</p>	<p><b>28</b></p> <p>BREAKFAST SANDWICH WITH HAM EGG AND CHEESE FRUIT, JUICE AND MILK CHOICES</p> <p>CEREAL &amp; TOAST</p>	<p>CEREAL &amp; TOAST</p>

QUESTIONS, COMMENTS OR CONCERNS, PLEASE CONTACT BARBARA BONNELL, NUTRITION DIRECTOR-465-7384 or bbonnell@rsu18.org

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