

FEBRUARY 2023 MID-HS BREAKFAST

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
				1 BREAKFAST PIZZA WITH BACON, EGG AND CHEESE FRUIT, JUICE AND MILK CHOICES		2 BLUEBERRY PANCAKES WITH SYRUP FRUIT, JUICE AND MILK CHOICES		3 WHOLE GRAIN DONUT HOLES WITH GLAZE FRUIT, JUICE AND MILK CHOICES	
CEREAL & TOAST		CEREAL & TOAST		CEREAL & TOAST		CEREAL & TOAST		CEREAL & TOAST	
6 BREAKFAST BURRITO WITH EGG, HAM AND CHEESE FRUIT, JUICE AND MILK CHOICES		7 CHOCOLATE CHIP SCONES FRUIT, JUICE AND MILK CHOICES		8 CHEESE OMELETTE WITH SAUSAGE & TOAST FRUIT, JUICE AND MILK CHOICES		9 BREAKFAST BAGEL PIZZA W/ BACON, EGG AND CHEESE FRUIT, JUICE AND MILK CHOICES		10 WARM CINNAMON ROLL FRUIT, JUICE AND MILK CHOICES	
CEREAL & TOAST		CEREAL & TOAST		CEREAL & TOAST		CEREAL & TOAST		CEREAL & TOAST	
13 BREAKFAST SANDWICH WITH EGG, HAM & CHEESE FRUIT, JUICE AND MILK CHOICES		14 <u>VALENTINES DAY!</u> WAFFLES TOPPED WITH BERRIES & WHIPPED CREAM FRUIT, JUICE AND MILK CHOICES		15 BLUEBERRY MUFFIN FRUIT, JUICE AND MILK CHOICES		16 CHEESY EGGS AND SAUSAGE, TOAST FRUIT, JUICE AND MILK CHOICES		17 BAGEL WITH CREAM CHEESE FRUIT, JUICE AND MILK CHOICES	
CEREAL & TOAST		CEREAL & TOAST		CEREAL & TOAST		CEREAL & TOAST		CEREAL & TOAST	
20 <u>NO SCHOOL!</u> 		21 <u>NO SCHOOL!</u> 		22 <u>NO SCHOOL!</u> 		23 <u>NO SCHOOL!</u> 		24 <u>NO SCHOOL!</u> 	
CEREAL & TOAST		CEREAL & TOAST		CEREAL & TOAST		CEREAL & TOAST		CEREAL & TOAST	
27 BREAKFAST PIZZA W/EGG, SAUSAGE & CHEESE FRUIT, JUICE AND MILK CHOICES		28 FRENCH TOAST STICKS WITH SYRUP FRUIT, JUICE AND MILK CHOICES						<u>FRUIT & YOGURT PARFAITS</u> <u>YOGURT SMOOTHIES</u> <u>GRAB N GO OFFERED DAILY!</u>	
CEREAL & TOAST		CEREAL & TOAST							

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

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