| Breakfast Menu  |   |   |   | Better 4 You  |  |
|---|---|---|---|---|--|
| February 2023 MEALS   |   |   |   |   |  |
| Monday  | Tuesday   | Wednesday   | Thursday  | Friday  |  |
|   |   | Yogurt Parfait w/ Strawberries & Honey Grahams<br>100% Fruit Juice<br>1% White Milk<br>Fat Free White Milk              | 1<br>Blueberry Mini Muffin & String Cheese<br>Main Fruit Orange<br>2nd Fruit-Pear<br>1% White Milk<br>Fat Free White Milk | 2<br>Scrambled Egg Biscuit Breakfast Sandwich<br>Main Fruit Pear<br>2nd Fruit- Apple<br>1% White Milk<br>Fat Free White Milk                |  |
| Mantecada Muffin<br>Main Fruit Dried Cranberries<br>2nd Fruit- Apple<br>1% White Milk<br>Fat Free White Milk                  | 6<br>Pan Dulce<br>Main Fruit Banana<br>2nd Fruit- Pear<br>1% White Milk<br>Fat Free White Milk      | 7<br>Bean & Cheese Burrito w/ Hot Sauce<br>100% Fruit Juice<br>2nd Fruit- Apple<br>1% White Milk<br>Fat Free White Milk | 8<br>Whole Grain Bagel w/ Cream Cheese<br>Main Fruit Orange<br>2nd Fruit-Pear<br>1% White Milk<br>Fat Free White Milk     | 9<br>Apple Jacks w/ Honey Grahams<br>Main Fruit Pear<br>2nd Fruit- Apple<br>1% White Milk<br>Fat Free White Milk                            |  |
| Banana Bread<br>Main Fruit Dried Cranberries<br>2nd Fruit- Apple<br>1% White Milk<br>Fat Free White Milk                      | 13<br>Cinnamon Roll<br>Main Fruit Banana<br>2nd Fruit- Pear<br>1% White Milk<br>Fat Free White Milk | 14<br>Cheerios w/ Cinnamon Grahams<br>100% Fruit Juice<br>2nd Fruit- Apple<br>1% White Milk<br>Fat Free White Milk      | 15<br>Mini Vanilla Loaf & String Cheese<br>Main Fruit Orange<br>2nd Fruit-Pear<br>1% White Milk<br>Fat Free White Milk    | 16<br>Chicken Sausage Breakfast Biscuit Sandwich<br>Main Fruit Pear<br>2nd Fruit- Apple<br>1% White Milk<br>Fat Free White Milk             |  |
|   | 20<br>Coffee Cake<br>Main Fruit Banana<br>2nd Fruit-Pear<br>1% White Milk<br>Fat Free White Milk    | 21<br>Breakfast Cheese Tamale<br>100% Fruit Juice<br>2nd Fruit- Apple<br>1% White Milk<br>Fat Free White Milk           | 22<br>Pan Dulce<br>Main Fruit Orange<br>2nd Fruit-Pear<br>1% White Milk<br>Fat Free White Milk                            | 23<br>Apple Jacks w/ Honey Grahams<br>Pancake Stack w/ Syrup<br>Main Fruit Pear<br>2nd Fruit- Apple<br>1% White Milk<br>Fat Free White Milk |  |
| Whole Grain Bagel w/ Cream Cheese<br>Main Fruit Dried Cranberries<br>2nd Fruit- Apple<br>1% White Milk<br>Fat Free White Milk | 27<br>Cinnamon Roll<br>2nd Fruit- Pear<br>Main Fruit Banana<br>1% White Milk<br>Fat Free White Milk | 28  |   |   |  |
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MENU SUBJECT TO CHANGE WITHOUT NOTICE Breakfast includes one entrée, fruit, and fat free white milk or 1% white milk. This institution is an equal opportunity provider.

