

FEBRUARY 2019

HOT BREAKFAST MENU GRADES 6-12

ALLERGEN & CARBOHYDRATE INFORMATION



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

				<p>1</p> <p>Warm Whole Grain Oatmeal 19 WSM OR Whole Grain Pancakes 28 WSME with Syrup 25 Sugar Free Syrup 5 Scrambled Eggs 0 SME Turkey Sausage Links 1 Fruit Choice 15 Milk Choice 13, 25, 22 M</p>
<p>4</p> <p>Mini Whole Grain Maple Waffles 38 WSME, with Syrup 25 Sugar Free Syrup 5 Fruit Choice 15 Milk Choice 13, 25, 22 M</p>	<p>5</p> <p>Turkey Bacon, Egg and Cheese Whole Grain "Breakfast Pizza" 25 WSME Fruit Choice 15 Milk Choice 13, 25, 22 M</p>	<p>6</p> <p>Mini Whole Grain Blueberry Pancakes, 31 WSME with Syrup 25 Sugar Free Syrup 5 Fruit Choice 15 Milk Choice 13, 25, 22 M</p>	<p>7</p> <p>Stuffed Whole Grain Croissant with Turkey Bacon, Egg and Cheese 33 WSME Fruit Choice 15 Milk Choice 13, 25, 22 M</p>	<p>8</p> <p>Warm Whole Grain Cheese Grits 19 SM OR Scrambled Eggs 0 SME Turkey Bacon Strips 0 Cheese Grits 19 SM Fruit Choice 15 Milk Choice 13, 25, 22 M</p>
<p>11</p> <p>Whole Grain Glazed Cinnamon French Toast 28 WSE with Syrup 25 Sugar Free Syrup 5 Fruit Choice 15 Milk Choice 13, 25, 20 M</p>	<p>12</p> <p>Tac-go Egg, Cheese, and Turkey Sausage on a Whole Grain Tortilla 14 WSME Fruit Choice 15 Milk Choice 13, 25, 22 M</p>	<p>13</p> <p>Mini Whole Grain Maple Pancakes, 40 WSME with Syrup 25 Sugar Free Syrup 5 Fruit Choice 15 Milk Choice 13, 25, 22 M</p>	<p>14</p> <p>Egg and Cheese Sandwich on a Whole Grain English Muffin 26 WSME Hash Brown Rounds 16 S Fruit Choice 15 Milk Choice 13, 25, 22 M</p>	<p>15</p> <p>Warm Whole Grain Oatmeal 19 WSM OR Whole Grain Pancakes 28 WSME with Syrup 25 Sugar Free Syrup 5 Scrambled Eggs 0 SME Turkey Sausage Links 1 Fruit Choice 15 Milk Choice 13, 25, 22 M</p>

18 PRESIDENT'S DAY NO SCHOOL	19 PROFESSIONAL DEVELOPMENT DAY NO SCHOOL	20 Stuffed Whole Grain Croissant with Turkey Ham, Egg and Cheese 33 WSME Fruit Choice 15 Milk Choice 13, 25, 22 M	21 Mini Whole Grain Blueberry Pancakes, 31 WSME with Syrup 25 Sugar Free Syrup 5 Fruit Choice 15 Milk Choice 13, 25, 22 M	22 Warm Whole Grain Sweet Grits 19 SM OR Scrambled Eggs 0 SME Turkey Bacon Strips 0 Sweet Grits 19 SM Fruit Choice 15 Milk Choice 13, 25, 22 M
25 Whole Grain Glazed Cinnamon French Toast 28 WSE with Syrup 25 Sugar Free Syrup 5 Fruit Choice 15 Milk Choice 13, 25, 20 M	26 Tac-go Egg, Cheese, and Turkey Sausage on a Whole Grain Tortilla 14 WSME Fruit Choice 15 Milk Choice 13, 25, 22 M	27 Mini Whole Grain Maple Pancakes, 40 WSME with Syrup 25 Sugar Free Syrup 5 Fruit Choice 15 Milk Choice 13, 25, 22 M	28 Egg and Cheese Sandwich on a Whole Grain English Muffin 26 WSME Hash Brown Rounds 16 S Fruit Choice 15 Milk Choice 13, 25, 22 M	

Key: W=Wheat/Gluten, S=Soy, M=Milk/Dairy, E=Egg
Grams of Carbohydrate are indicated by the number following the menu item

Eating a nutritious breakfast helps everyone fuel up for
 success in the classroom and beyond!

"Build Your Own Breakfast"
 options also available daily!
 (please see menu for offerings)

We serve reduced sugar and whole grains every day!
 All juices are 100% fruit juice with no added sugar!

Although we make every effort
 to serve menus as planned, this
 menu may change without notice.

Breakfast is offered EVERY morning!

This Is An Equal Opportunity Institution