



February 2018

Premier Charter Breakfast

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

5

- Melted Colby Cheese Omelet
- Whole Grain Brown Rice Krispies Cereal
- Frosted Flakes Cereal
- Trix Cereal
- Cocoa Puffs Cereal

6

- Whole Grain Apple Frudel
- Whole Grain Brown Rice Krispies Cereal
- Cinnamon Toast Crunch Cereal
- Cocoa Puffs Cereal
- Cheerios Cereal
- Banana Peach Smoothie W/ Graham Crackers

7

- Whole Grain Cinnamon Roll with Icing
- Whole Grain Brown Rice Krispies Cereal
- Trix Cereal
- Fruity Froot Loops Cereal
- Gluten Free Rice Chex Cereal

8

- Warm Breakfast on a Stick
- Whole Grain Brown Rice Krispies Cereal
- Frosted Flakes Cereal
- Fruity Froot Loops Cereal
- Cheerios Cereal
- Pineapple Mango Smoothie W/ Graham Crackers
- Syrup Packet

9

- Fluffy Banana Muffin
- Frosted Flakes Cereal
- Raisin Bran Cereal
- Golden Grahams Cereal
- Whole Grain Brown Rice Krispies Cereal
- Strawberry Banana & Graham Crackers Yogurt Parfait
- Whole Grain Brown Rice Krispies Cereal
- Golden Grahams Cereal
- Frosted Flakes Cereal
- Trix Cereal

12

- Mini Golden Blueberry Pancakes
- Trix Cereal
- Whole Grain Brown Rice Krispies Cereal
- Frosted Flakes Cereal
- Cocoa Puffs Cereal

13

- Whole Grain Blueberry Muffin
- Cheerios Cereal
- Golden Grahams Cereal
- Apple Jacks Cereal
- Trix Cereal
- Peach Smoothie W/ Graham Crackers

14

- Egg & Sausage Sandwich on a Whole Grain Biscuit
- Whole Grain Brown Rice Krispies Cereal
- Frosted Flakes Cereal
- Golden Grahams Cereal
- Cheerios Cereal

15

- Homemade Egg & Cheese Burrito 9"
- Apple Jacks Cereal
- Frosted Flakes Cereal
- Fruity Froot Loops Cereal
- Whole Grain Brown Rice Krispies Cereal
- Pineapple Smoothie

16
PD Day
19
Presidents Day - No School
20

- Mandarin Orange & Vanilla Yogurt Parfait with Honey Graham Crackers
- Apple Jacks Cereal
- Cocoa Puffs Cereal
- Raisin Bran Cereal
- Cinnamon Toast Crunch Cereal
- Strawberry Banana Smoothie

21

- Whole Grain Biscuits & Gravy
- Frosted Flakes Cereal
- Apple Jacks Cereal
- Fruity Froot Loops Cereal
- Whole Grain Brown Rice Krispies Cereal

22

- Whole Grain Cinnamon Roll with Icing
- Frosted Flakes Cereal
- Trix Cereal
- Whole Grain Brown Rice Krispies Cereal
- Cocoa Puffs Cereal
- Icy Very Berry Smoothie

23

- Whole Grain Breakfast Sausage & Cheese Pizza
- Gluten Free Rice Chex Cereal
- Raisin Bran Cereal
- Frosted Flakes Cereal
- Fruity Froot Loops Cereal

26

- Peach Oatmeal
- Whole Grain Brown Rice Krispies Cereal
- Frosted Flakes Cereal
- Trix Cereal
- Cocoa Puffs Cereal

27

- Whole Grain Egg & Cheese English Muffin Sandwich
- Whole Grain Brown Rice Krispies Cereal
- Cocoa Puffs Cereal
- Cheerios Cereal
- Cinnamon Toast Crunch Cereal
- Freezing Strawberry Mango Smoothie

28

- Whole Wheat Bagel
- Whole Grain Brown Rice Krispies Cereal
- Trix Cereal
- Fruity Froot Loops Cereal
- Golden Grahams Cereal
- Reduced Fat Cream Cheese

Beverages Offered Daily:White 1% Low Fat Milk , Fat Free White Milk , Fat Free Chocolate Milk , Water Pouch

Fresh Fruit & 100% Fruit Juice Selection Offered Daily:Fresh Orange , Fresh Banana , Fresh Apple , Orange Juice , Apple Juice 4oz , Grape Juice

Offered Daily at Breakfast:Whole Grain Toast w/ Margarine , Jelly Packet , Sweet Strawberry Nutrigrain Bar , Sweet Whole Grain Apple Cinnamon Nutrigrain Bar

More Details: <http://premiercharterschool.nutrislice.com/menu/premier-lower/breakfast/>

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