

SHMS/BCHS FEBRUARY 2017 BFAST

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

1
Mini Cinnamon
Rolls
Applesauce
Cups
Fruit Juice
Milk

2
Breakfast Bagel
Round
Pears
Fruit Juice
Milk

3
Breakfast
Burrito
Mandarin
Oranges
Fruit Juice
Milk



6
Sausage Biscuit
Cantaloupe
Fruit Juice
Milk

7
Muffin
Yogurt
Apple
Fruit Juice
Milk

8
Breakfast Pizza
Peaches
Fruit Juice
Milk

9
Pancakes
Link Sausage
Pineapples
Fruit Juice
Milk

10
Apple Frudel
Orange
Fruit Juice
Milk

***Please note:
Students are
required to take
at least one
serving of fruits
or vegetables.**

13
French Toast
Sticks
Pear
Fruit Juice
Milk
Syrup

14
Cheesy Egg
Sandwich
Pineapples
Fruit Juice
Milk

15
Cereal
Yogurt
Strawberries
Fruit Juice
Milk

16
Ham Cheese
Sandwich
Cantaloupe
Fruit Juice
Milk

17
Strawberry
Poptart
Cheesestick
Mandarin
Oranges
Fruit Juice

***Assorted
condiments
may be served
with breakfast.**

*** MENUS ARE
SUBJECT TO
CHANGE.**

20
NO SCHOOL

21
NO SCHOOL

22
Cheese Omelet
Toast
Peaches
Fruit Juice
Milk
Jelly, Assorted

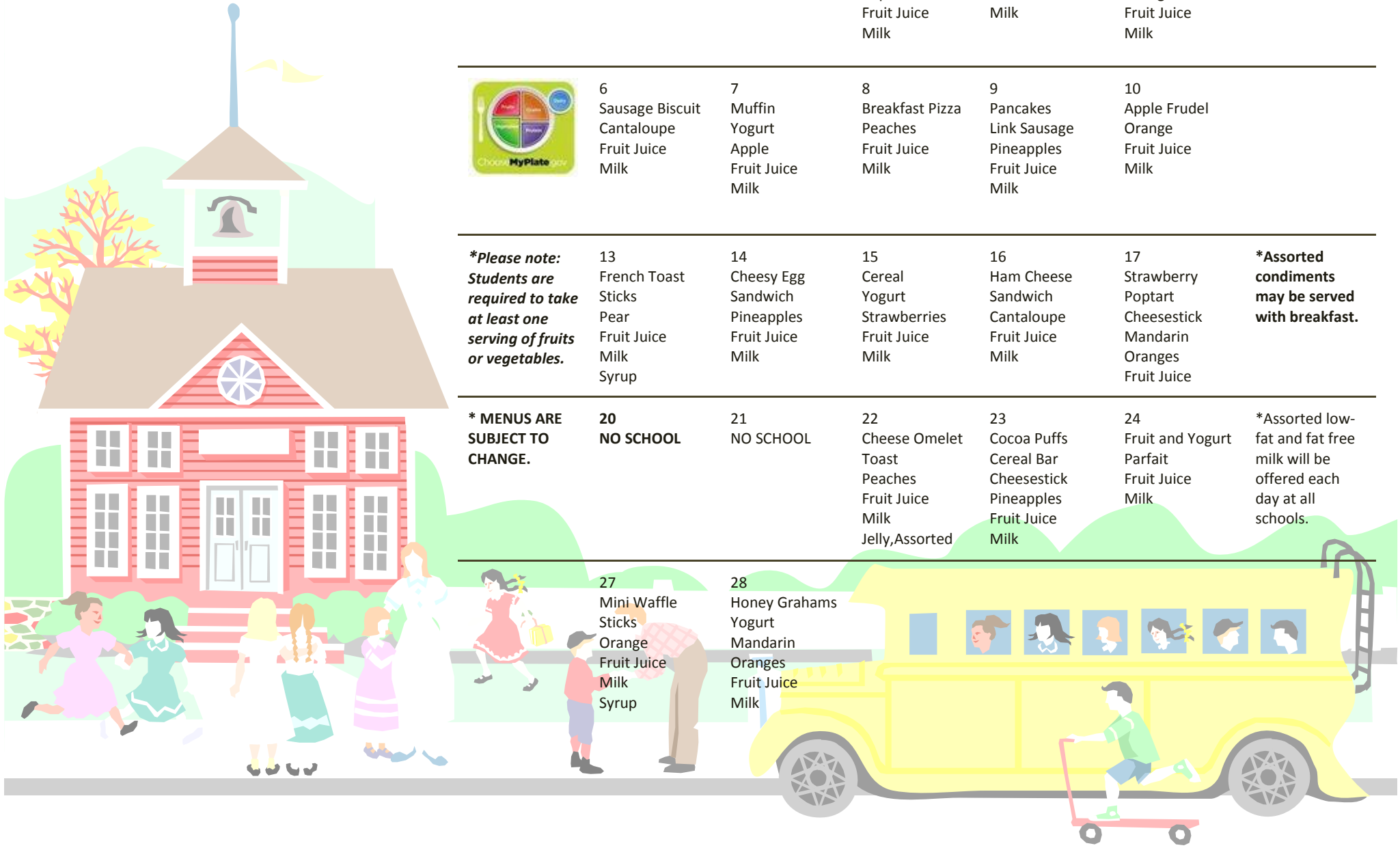
23
Cocoa Puffs
Cereal Bar
Cheesestick
Pineapples
Fruit Juice
Milk

24
Fruit and Yogurt
Parfait
Fruit Juice
Milk

***Assorted low-
fat and fat free
milk will be
offered each
day at all
schools.**

27
Mini Waffle
Sticks
Orange
Fruit Juice
Milk
Syrup

28
Honey Grahams
Yogurt
Mandarin
Oranges
Fruit Juice
Milk



BIC FEBRUARY 2017 BFAST

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

1
Cereal
Cheesestick
Strawberry Cup
Fruit Juice
Milk

2
Cream Cheese
Jelly Roll
Applesauce Cups
Fruit Juice
Milk

3
Egg Cheese
Omelet
Toast
Apple
Fruit Juice
Milk



6
Mini Pancakes
Mixed Fruit
Cups
Fruit Juice
Milk

7
Muffin
Cheesestick
Peach Cup
Fruit Juice
Milk

8
Apple Frudel
Applesauce
Cups
Fruit Juice
Milk

9
Cereal
Yogurt
Pears
Fruit Juice
Milk

10
Breakfast Pizza
Apple
Fruit Juice
Milk

***Please note:
Students are
required to take
at least one
serving of fruits
or vegetables.**

13
Pancake on a
Stick
Peach Cup
Fruit Juice
Milk
Syrup

14
Breakfast
Burrito
Applesauce Cup
Fruit Juice
Milk

15
Cereal Bar
Cheesestick
Mixed Fruit Cup
Fruit Juice
Milk

16
Egg and Cheese
Wrap
Orange
Fruit Juice
Milk

17
Biscuit with
Gravy
Apple
Fruit Juice

***Assorted
condiments
may be served
with breakfast.**

*** MENUS ARE
SUBJECT TO
CHANGE.**

20
NO SCHOOL

21
NO SCHOOL

22
Mini Waffles
Peach Cups
Milk
Syrup

23
Graham
Crackers
Yogurt
Applesauce Cup
Fruit Juice
Milk

24
Cereal
Cheesestick
Mixed Fruit
Cups
Fruit Juice
Milk

***Assorted low-
fat and fat free
milk will be
offered each
day at all
schools.**

27
Sausage Biscuits
Applesauce
Cups
Fruit Juice
Milk
Jelly, Assorted

28
Cereal Bar
Yogurt
Peach Cup
Fruit Juice
Milk

