

February 2018

Fayetteville High School

BREAKFAST



**** USDA is an equal opportunity employer & provider****
**** Manager reserves the right to change menu due to food availability****
****Breakfast includes: Choice of (1) Grain**



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday



Tuesday



Wednesday

Thursday

Friday

French Toast w/syrup
 OR
 Bagel w/cream cheese
 OR
 CTC Cereal Bar
 Applesauce
 Orange Juice

5

Steak & Egg Biscuit
 OR
 Apple Frudel
 OR
 Coco Puff Cereal Bar
 Diced Peach
 Apple Juice

6

Egg & Cheese English Muffin
 OR
 Choc Chip Oatmeal Bar
 OR
 French Toast w/syrup
 Mixed Fruit
 Grape Juice

7

Pancakes w/syrup
 OR
 Breakfast Burrito
 OR
 Trix Cereal Bar
 Diced Pears
 Apple Juice

8

Steak Biscuit
 OR
 Bosco Breakfast Stick
 OR
 CTC Cereal Bar
 Mixed Fruit
 Apple Juice

9

Steak Biscuit
 OR
 CTC Cereal Bar
 OR
 French Toast w/Syrup
 Diced Peaches
 Apple Juice

12

Sausage Egg Chz Muffin
 OR
 Bagel w/cream chz
 OR
 Choc Chip Oatmeal Bar
 Strawberries
 Orange Juice

13

Pancake Sausage Stick
 OR
 Blueberry Muffin
 OR
 Coco Puff Cereal Bar
 Diced Peaches
 Grape Juice

14

Chicken Biscuit
 OR
 Breakfast Tornado Stick
 OR
 Trix Cereal Bar
 Pineapple Tidbits
 Orange Juice

15

Breakfast Pizza
 OR
 Choc Chip Muffin
 OR
 CTC Cereal Bar
 Mixed Fruit
 Apple Juice

16

No School
 Presidents' Day

19

Steak & Egg Biscuit
 OR
 Apple Frudel
 OR
 Coco Puff Cereal Bar
 Diced Peach
 Apple Juice

20

Egg & Cheese English Muffin
 OR
 Choc Chip Oatmeal Bar
 OR
 French Toast w/syrup
 Mixed Fruit
 Grape Juice

21

Pancakes w/syrup
 OR
 Breakfast Burrito
 OR
 Trix Cereal Bar
 Diced Pears
 Apple Juice

22

Steak Biscuit
 OR
 Bosco Breakfast Stick
 OR
 CTC Cereal Bar
 Mixed Fruit
 Apple Juice

23

Steak Biscuit
 OR
 CTC Cereal Bar
 OR
 French Toast w/Syrup
 Diced Peaches
 Apple Juice

26

Sausage Egg Chz Muffin
 OR
 Bagel w/cream chz
 OR
 Choc Chip Oatmeal Bar
 Strawberries
 Orange Juice

27

Pancake Sausage Stick
 OR
 Blueberry Muffin
 OR
 Coco Puff Cereal Bar
 Diced Peaches
 Grape Juice

28

