

# February 2018

## Fayetteville Middle 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 entrée, Milk and Fruit/Juice\*\***



**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

Pancakes w/syrup  
 Or  
 Choc Chip Oatmeal Bar  
 Applesauce  
 Orange Juice  
 Milk

5

Bacon Biscuit  
 Or  
 Cinn Toast Crunch Cereal  
 Diced Peaches  
 Apple Juice  
 Milk

6

Sausage, Egg  
 & Chz McMuffin  
 Or  
 Keebler Graham Gripz  
 Mixed Fruit  
 Orange Juice  
 Milk

7

Beef Steak Biscuit  
 Or  
 Lucky Charms Cereal  
 Pineapple Tidbits  
 Orange Juice  
 Milk

1

Breakfast Pizza  
 Or  
 Choc Chip Muffin  
 Mixed Fruit  
 Apple Juice  
 Milk

2

Sausage Biscuit  
 or  
 Cinn Toast Crunch Cereal  
 Diced Peaches  
 Apple Juice  
 Milk

12

French Toast w/syrup  
 Or  
 Blueberry Muffin  
 Strawberries  
 Orange Juice  
 Milk

13

Bacon Egg & Chz Bagel  
 Or  
 Cherry Frudel  
 Diced Pears  
 Apple Juice  
 Milk

14

Beef Steak Biscuit  
 Or  
 Lucky Charms Cereal  
 Pineapple Tidbits  
 Orange Juice  
 Milk

15

Breakfast Pizza  
 Or  
 Choc Chip Muffin  
 Mixed Fruit  
 Apple Juice  
 Milk

16

No  
 School

19

Bacon Biscuit  
 Or  
 Cinn Toast Crunch Cereal  
 Diced Peaches  
 Apple Juice  
 Milk

20

Sausage, Egg  
 & Chz McMuffin  
 Or  
 Keebler Graham Gripz  
 Mixed Fruit  
 Orange Juice  
 Milk

21

Breakfast Pizza  
 Or  
 Choc Chip Muffin  
 Strawberries  
 Apple Juice  
 Milk

22

Chicken Biscuit  
 Or  
 Lucky Charms Cereal  
 Diced Pears  
 Orange Juice  
 Milk

23

Sausage Biscuit  
 or  
 Cinn Toast Crunch Cereal  
 Diced Peaches  
 Apple Juice  
 Milk

26

French Toast w/syrup  
 Or  
 Blueberry Muffin  
 Strawberry Cups  
 Orange Juice  
 Milk

27

Bacon Egg & Chz Bagel  
 Or  
 Cherry Frudel  
 Diced Pears  
 Apple Juice  
 Milk

28

