



February 2020 – Breakfast Menu

Cowan Elementary

ALL Meals are provided at no charge to CES Students

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Egg Omelet w/Toast (optional) Juice // Fruit Milk PK Menu Egg Omelet Fruit // Unflavored Milk</p>	<p>4</p> <p>Meat Biscuit Juice // Fruit Milk PK Menu Meat Biscuit Juice // Unflavored Milk</p>	<p>5</p> <p>Breakfast Pizza Juice // Fruit Milk PK Menu Breakfast Pizza Juice // Unflavored Milk</p>	<p>6</p> <p>Pancake / Sausage Stick Juice // Fruit Milk PK Menu Pancake / Sausage Stick Juice // Unflavored Milk</p>	<p>7</p> <p>Biscuit Sticks w/Gravy Juice // Fruit Milk PK Menu Biscuit Sticks w/Gravy Fruit // Unflavored Milk</p>
<p>10</p> <p>Breakfast Pizza Juice // Fruit Milk PK Menu Breakfast Pizza Fruit // Unflavored Milk</p>	<p>11</p> <p>Breakfast Bar Juice // Fruit Milk PK Menu Breakfast Bar Fruit // Unflavored Milk</p>	<p>12</p> <p>Cheese Stick Oatmeal Bar Juice // Fruit Milk PK Menu Oatmeal Bar Fruit // Unflavored Milk</p>	<p>13</p> <p>Banana Bread Slice Juice // Fruit Milk PK Menu Banana Bread Slice Juice // Unflavored Milk</p>	<p>14</p> <p>Meat Biscuit Juice // Fruit Milk PK Menu Meat Biscuit Fruit // Unflavored Milk</p>
<p>17</p> <p>No School</p>	<p>18</p> <p>Meat Biscuit Juice // Fruit Milk PK Menu Meat Biscuit Fruit // Unflavored Milk</p>	<p>19</p> <p>Breakfast Pizza Juice // Fruit Milk PK Menu Breakfast Pizza Fruit // Unflavored Milk</p>	<p>20</p> <p>Cheddar Omelet w/Toast Juice // Fruit Milk PK Menu Cheddar Omelet Fruit // Unflavored Milk</p>	<p>21</p> <p>Mini Donuts Juice // Fruit Milk PK Menu Cereal // Cheese Stick Fruit // Unflavored Milk</p>
<p>24</p> <p>PBJ Sandwich Juice // Fruit Milk PK Menu PBJ Sandwich Fruit // Unflavored Milk</p>	<p>25</p> <p>Meat Biscuit Juice // Fruit Milk PK Menu Meat Biscuit Juice // Unflavored Milk</p>	<p>26</p> <p>Breakfast Pizza Juice // Fruit Milk PK Menu Breakfast Pizza Juice // Unflavored Milk</p>	<p>27</p> <p>Pancake / Sausage Stick Juice // Fruit Milk PK Menu Pancake / Sausage Stick Juice // Unflavored Milk</p>	<p>28</p> <p>Biscuit Sticks w/Gravy Juice // Fruit Milk PK Menu Biscuit Sticks w/Gravy Fruit // Unflavored Milk</p>

ALL reimbursable meals **MUST** have a **FRUIT** or **VEGETABLE** on the tray. Students may decline 2 of the 5 meal components - Meat, Grain, Fruit, Vegetable & Milk- but cannot decline BOTH Fruit and Vegetable.

The Nutrition Department strives to offer the daily menu as planned and advertised. However, due to some circumstances beyond our control, the daily menus may be altered. This institution is an equal opportunity provider