



February 2020 – Breakfast Menu

FCHS

Eat Breakfast at School! All Franklin County students may eat breakfast at no charge!

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
<p>Choose 1 or 2: Assorted Cereal Cheese Stick Poptart</p> <p>OR Choose 1: Cheddar Omelet w/ Toast (optional) 2-Pack Poptarts</p>	<p>Choose 1 or 2: Assorted Cereal Biscuit Sausage or Chicken Gravy / Jelly</p> <p>OR Choose 1: Yeast Ring</p>	<p>Choose 1 or 2: Assorted Cereal Cinnamon Roll Yogurt</p> <p>OR Choose 1: Breakfast Pizza 2-Pack Poptarts</p>	<p>Choose 1 or 2: Assorted Cereal Biscuit Sausage or Chicken Poptart</p> <p>OR Choose 1: Banana Bread Slice</p>	<p>Choose 1 or 2: Assorted Cereal Biscuit Breakfast Steak</p> <p>OR Choose 1: Breakfast Bar or Frudel 2-Pack Poptarts</p>
10	11	12	13	14
<p>Choose 1 or 2: Assorted Cereal Cheese Stick Poptart // Oatmeal</p> <p>OR Choose 1: Sausage/Pancake Stick 2-Pack Poptarts</p>	<p>Choose 1 or 2: Assorted Cereal Biscuit Sausage or Chicken Gravy / Jelly</p> <p>OR Choose 1: Breakfast Bar</p>	<p>Choose 1 or 2: Assorted Cereal Poptart Cheese Stick // Muffin</p> <p>OR Choose 1: Yogurt Parfait or Smoothie 2-Pack Poptarts</p>	<p>Choose 1 or 2: Assorted Cereal Biscuit Sausage or Chicken Scrambled Eggs</p> <p>OR Choose 1: Mini Donuts</p>	<p>Choose 1 or 2: Assorted Cereal Cereal Bar Yogurt</p> <p>OR Choose 1: Peanut Butter Graham Bar 2-Pack Poptarts</p>
17	18	19	20	21
No School	<p>Choose 1 or 2: Assorted Cereal Biscuit Sausage or Chicken Gravy / Jelly</p> <p>OR Choose 1: Breakfast Bun</p>	<p>Choose 1 or 2: Assorted Cereal Cinnamon Roll Yogurt</p> <p>OR Choose 1: 2-Pack Poptarts</p>	<p>Choose 1 or 2: Assorted Cereal Biscuit Chicken or Sausage Muffin</p> <p>OR Choose 1: Dutch Waffle</p>	<p>Choose 1 or 2: Assorted Cereal Yogurt Grahams</p> <p>OR Choose 1: Bacon/Egg/Cheese Croissant 2-Pack Poptarts</p>
24	25	26	27	28
<p>Choose 1 or 2: Assorted Cereal Cheese Stick Poptart</p> <p>OR Choose 1: Cheddar Omelet w/ Toast (optional) 2-Pack Poptarts</p>	<p>Choose 1 or 2: Assorted Cereal Biscuit Sausage or Chicken Gravy / Jelly</p> <p>OR Choose 1: Yeast Ring</p>	<p>Choose 1 or 2: Assorted Cereal Cinnamon Roll Yogurt</p> <p>OR Choose 1: Breakfast Pizza 2-Pack Poptarts</p>	<p>Choose 1 or 2: Assorted Cereal Biscuit Sausage or Chicken Poptart</p> <p>OR Choose 1: Banana Bread Slice</p>	<p>Choose 1 or 2: Assorted Cereal Biscuit Breakfast Steak</p> <p>OR Choose 1: Breakfast Bar or Frudel 2-Pack Poptarts</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**