


	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
					Breakfast Pizza Fruit Assorted Juice Milk
WEEK OF 4 <sup>th</sup> -8 <sup>th</sup> Cycle 2	French Toast Sticks Sausage Fruit Assorted Juice Milk	Grits Cheese Quesadilla Fruit Assorted Juice Milk	Cereal Yogurt Fruit Assorted Juice Milk	Biscuit Sausage Fruit Assorted Juice Milk	Breakfast Bagel Fruit Assorted Juice Milk
WEEK OF 11 <sup>th</sup> -15 <sup>th</sup> Cycle 3	Pancakes Sausage Fruit Assorted Juice Milk	Ham & Cheese Croissant Fruit Assorted Juice Milk	Cinni Mini Yogurt Fruit Assorted Juice Milk	Chicken Biscuit Fruit Assorted Juice Milk	Pop Tart & Yogurt Fruit Assorted Juice Milk
WEEK OF 18 <sup>th</sup> - 22 <sup>nd</sup> Cycle 4	Breakfast Sandwich Fruit Assorted Juice Milk	Breakfast Wrap Fruit Assorted Juice Milk	Muffin Cheese String Fruit Assorted Juice Milk	Grits Sausage Biscuit Fruit Assorted Juice Milk	Mini Pancake Coated Sausage Bites Fruit Assorted Juice Milk
WEEK OF 25 <sup>th</sup> - 28 <sup>th</sup> Cycle 5	Breakfast Pizza Fruit Assorted Juice Milk	Cinnamon Roll Sausage Patty Fruit Assorted Juice Milk	Chicken Biscuit Fruit Assorted Juice Milk	Cereal Cheese String Fruit Assorted Juice Milk	

**\*\*MENUS ARE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE\*\***

## FEBRUARY

MENUS ARE SUBJECT TO CHANGE  
WITHOUT NOTICE

ALL MEALS SERVED WITH CHOICE  
OF MILK:

- UNFLAVORED 1% LOW FAT
- UNFLAVORED SKIM
- FAT FREE STRAWBERRY
- FAT FREE CHOCOLATE

FRESH, CANNED OR FROZEN FRUIT  
SERVED DAILY

100% FORTIFIED FRUIT JUICE  
SERVED DAILY

Fun Fact:

Eating **breakfast** has long term health benefits. It can reduce obesity, high blood pressure, heart disease and diabetes. **Breakfast** is an excellent occasion to eat together as a family when possible. ... So, **breakfast** really is the most **important** meal of the day!