



February 2023 Breakfast & Snack Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Breakfast: WG Multi Grain Cheerios Cereal, Pineapple & Milk Snack: Turkey & Cheese with Crackers	2 Breakfast: 100% WW Tortilla, Egg & Cheese Burrito, Watermelon & Milk Snack: Pineapple & Animal Crackers	3 Breakfast: WG Special K Cereal, Mandarin Oranges & Milk Snack: Sun Butter Grahams
6 Breakfast: KIX, Peaches & Milk Snack: Apples & Cheese Slices	7 Breakfast: 100% WW Bagels, Kiwi & Milk Snack: Yogurt & Grahams	8 Breakfast: WG Corn Flakes Cereal, Bananas & Milk Snack: 100% WW Bread & Sun butter	9 Breakfast: 100% WW Ham & Cheese Sandwiches, Applesauce & Milk Snack: Cheese Quesadillas and Salsa	10 Breakfast: WG Oat Square Cereal, Pineapple & Milk Snack: Cucumbers, Carrots, Crackers & Hummus
13 Breakfast: WG Rice Krispies, Mandarin Oranges & Milk Snack: Cheese & Crackers	14 Breakfast: 100% WW Bread, Hashbrowns, Blueberries & Milk Snack: Valentine's Day Mixed Berry & Yogurt Parfait	15 Breakfast: WG Life Cereal, Tropical Fruit & Milk Snack: 100% WW Bread, Turkey Sandwiches	16 Breakfast: Oatmeal, Applesauce & Milk Snack: Banana Sun Butter Wraps	17 Breakfast: WG Corn Flakes Cereal, Mangos & Milk Snack: Graham Crackers & Oranges
20 CLOSED	21 Breakfast: Cinnamon Toast (WG), Blueberries & Milk Snack: String Cheese & WG Crackers	22 Breakfast: WG Multi Grain Cheerios Cereal, Pineapple & Milk Snack: Applesauce & Graham Crackers	23 Breakfast: Multi-Grain English Muffin with Sun butter & Tropical Fruit & Milk Snack: Cottage Cheese & Pears	24 Breakfast: WG Rice Krispies Cereal, Kiwi & Milk Snack: Broccoli/ Cauliflower & Wheat Crackers
27 Breakfast: WG Oat Square Cereal, Peaches & Milk Snack: Bananas & Graham Crackers	28 Breakfast: 100% WW Toast, Sausage, Pears & Milk Snack: Crackers & Cucumber			

Nutritional Notes:

- All pastas and bread are 100% Whole Wheat.
- Yogurt contains no more than 23 grams of sugar per 6 oz.
- All cereal served is fortified or contains more than 51% whole grains & no more than 21 grams of sugar per 100 grams.
- Fruits & Cereal are subject to change due to availability.
- WW = Whole Wheat
WG = Whole Grain
- 1- 2 years whole milk
2 years and older skim milk