

Variety FoodServices Breakfast Menu



Monday

Tuesday

Wednesday

Thursday

Friday

Frosted Flakes

Cinnamon GoldFish
Fresh Apple
1% or FF White Milk

402: 13% 77

3

Pancakes w/ Syrup

Sausage Link
Fresh Orange Slices
1% or FF White Milk

473: 30% 68

4

Fruit Loops

Animal Crackers
Apple Juice
1% or FF White Milk

350: 13% 66

5

Waffle

Sausage Link
Diced Pears
1% or FF White Milk

554: 21% 86

6

Strawberry Pop Tart

Pretzel Goldfish
100% Fruit Punch
1% or FF White Milk

450: 18% 81

7

Lucky Charms

Animal Crackers
Fresh Apple
1% or FF White Milk

292: 12% 54

10

French Toast Sticks w/ Syrup

Sausage Link
Apple Juice
1% or FF White Milk

Lincoln's Birthday(12th)

640: 35% 92

11

1 oz Bagel with Jelly

Mixed fruit
1% or FF White Milk

430: 8% 85

12

Cheesy Breakfast Burrito

100% Fruit Punch
1% or FF White Milk

389: 30% 43

13

Strawberry Breakfast Bar

Cinnamon GoldFish
Fresh Orange Slices
1% or FF White Milk

Valentine's Day

410: 22% 69

14

No School

17

No School

18

Apple Breakfast Bar

WG GoldFish
Apple Juice
1% or FF White Milk

400: 22% 68

19

Scrambled Cheesy Eggs

Sausage Link
Fresh Orange Slices
1% or FF White Milk

President's Day

410: 46% 30

20

Apple Jacks

Vanilla Graham Crackers
100% Fruit Punch
1% or FF White Milk

340: 16% 63

21

Golden Grahams

Vanilla Snacks
Fresh Apple
1% or FF White Milk

172: 10% 31

24

Pancakes w/ Syrup

Sausage Link
Fresh Orange Slices
1% or FF White Milk

473: 30% 68

25

Fruit Loops

Animal Crackers
Apple Juice
1% or FF White Milk

350: 13% 66

26

Waffle

Sausage Link
Diced Pears
1% or FF White Milk

554: 21% 86

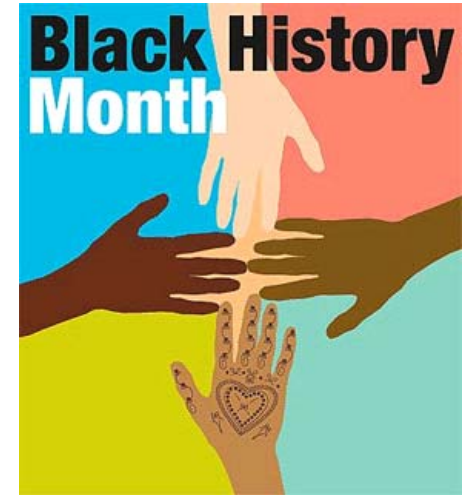
27

Strawberry Pop Tart

Pretzel Goldfish
100% Fruit Punch
1% or FF White Milk

450: 18% 81

28



Thought for Thought

Genius is one percent inspiration and ninety-nine percent perspiration. - Thomas Alva Edison

Tips & Information

The first successful heart operation was done by African American surgeon Daniel Hale Williams in 1893. An entrepreneur by the name of Madam C.J. Walker was the first black American woman to earn one million dollars. She started her career by selling her own scalp conditioner called Madam Walker's Wonderful Hair Grower.

Nutrition Key -> Calories : %Calories from Fat : Carbohydrates (Grams)
Nutrition Avg - Cals=419 Fatg=10 Fat%=21% Sfatg=4 Carbg=67 Protg=15
"or:" = An alternative selection to choose. "WG"=Whole Grain

****Menu Subject to Change****

A variety of milk will be served at each meal.

