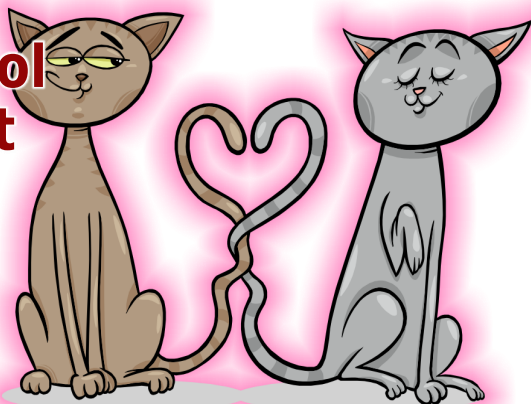


Middle/ High School Breakfast February 2020



This institution is an equal opportunity provider. Menus are subject to change..

YOU'VE GOT TO LOVE IT!

You've got to love your heart, that is! And taking care of your heart is a job that lasts your whole lifetime. Eat more fruits, veggies, and whole grains and less salt and saturated fat. And exercise regularly like your healthy heart depends on it – because it does!



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Monday, February 3

Great Beginnings
Choice of Cereal with
Blueberry Muffin Bread

Turkey Sausage Biscuit

Breakfast Flatbread

Fruity Delights (1-2):
Assorted Juice
Seasonal Fresh Fruit

Tuesday, February 4

Great Beginnings
Chicken & Waffle

Cinnamon Toast Crunch
Pastry

Spinach & Cheese Omelet
with Toast

Fruity Delights (1-2):
Assorted Juice
Sliced Peaches

Wed., February 5

Great Beginnings
Paradise Parfait

Turkey
Sausage Biscuit

Morning Pastry to Go

With: Southern Grits

Fruity Delights (1-2):
Assorted Juice
Chilled Pears

Thurs., February 6

Great Beginnings
Cheesy Scrambled Eggs with Toast

Choice of Cereal with Toast

Pancake N Link

Fruity Delights (1-2):
Assorted Juice
Bananas

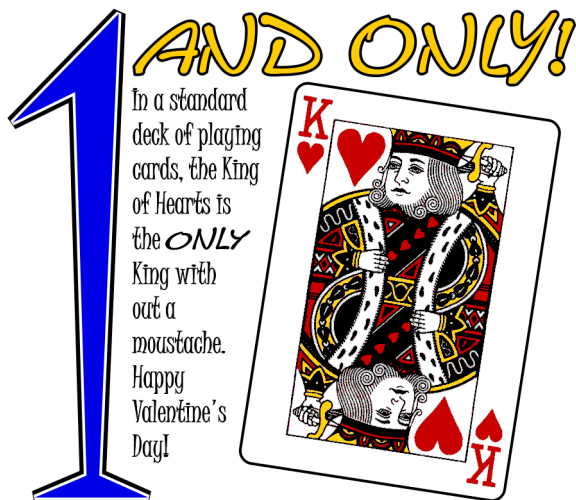
Friday, February 7

Great Beginnings
Choice of Cereal with Blueberry Muffin
Bread

Turkey Sausage Biscuit

Island Parfait

Fruity Delights (1-2):
Assorted Juice
Applesauce



Monday, February 10

Great Beginnings
Choice of Cereal with Blueberry Muffin
Bread

Turkey Sausage Biscuit

Chicken Biscuit

Fruity Delights (1-2):
Assorted Juice
Seasonal Fresh Fruit

Tuesday, February 11

Great Beginnings
Breakfast Pizza

Toasted Croissant with Jelly

Overnight Oats Extravaganza

Fruity Delights (1-2):
Assorted Juice
Sliced Peaches

Wed., February 12

Great Beginnings
Peaches N Cream Parfait

Turkey Sausage Biscuit

Morning Pastry To Go

With: Southern Grits

Fruity Delights (1-2):
Assorted Juice
Chilled Pears

Thurs., February 13

Great Beginnings
Maple French Toast Sticks with Turkey
Sausage Link

Assorted Cereal with Blueberry Muffin
Bread

Avocado Cheese Toast

Fruity Delights (1-2):
Assorted Juice
Banana

Friday, February 14

Great Beginnings
Choice of Cereal with Blueberry Muffin
Bread

Turkey Sausage Biscuit

Island Parfait

Fruity Delights (1-2):
Assorted Juice
Applesauce

WHAT OTHER PRESIDENTS HAVE A B-DAY THIS MONTH?

Other than
George Washington
and Abraham Lincoln
two other Presidents
have a birthday this
month – William Henry
Harrison on February 9,
1773 and Ronald Reagan
on February 6, 1911.
Happy Presidents Day!



Monday, February 17



**NO SCHOOL
TODAY**

Tuesday, February 18

Great Beginnings
Chicken & Waffle

Cinnamon Toast Crunch
Pastry

Spinach & Cheese Omelet
with Toast

Fruity Delights (1-2):
Assorted Juice
Sliced Peaches

Wed., February 19

Great Beginnings
Paradise Parfait

Turkey
Sausage Biscuit

Morning Pastry to Go

With: Southern Grits
Fruity Delights (1-2):
Assorted Juice
Chilled Pears

Thurs., February 20

Great Beginnings
Cheesy Scrambled Eggs with Toast

Choice of Cereal with Toast

Pancake N Link

Fruity Delights (1-2):
Assorted Juice
Bananas

Friday, February 21

Great Beginnings
Choice of Cereal with Blueberry Muffin
Bread

Turkey Sausage Biscuit

Island Parfait

Fruity Delights (1-2):
Assorted Juice
Applesauce

**BREAKFAST
@SCHOOL**
For first-class learning!

Featuring Healthy
Fruits & Grains!

Monday, February 24

Great Beginnings
Choice of Cereal with Blueberry Muffin
Bread

Turkey Sausage Biscuit

Chicken Biscuit
Fruity Delights (1-2):
Assorted Juice
Seasonal Fresh Fruit

Tuesday, February 25

Great Beginnings
Breakfast Pizza

Toasted Croissant with Jelly

Overnight Oats Extravaganza

Fruity Delights (1-2):
Assorted Juice
Sliced Peaches

Wed., February 26

Great Beginnings
Peaches N Cream Parfait

Turkey Sausage Biscuit

Morning Pastry To Go

With: Southern Grits
Fruity Delights (1-2):
Assorted Juice
Chilled Pears

Thurs., February 27

Great Beginnings
Maple French Toast Sticks with Turkey
Sausage Link

Assorted Cereal with Blueberry Muffin
Bread

Avocado Cheese Toast

Fruity Delights (1-2):
Assorted Juice
Fresh Grapefruit

****Harvest of the Month****

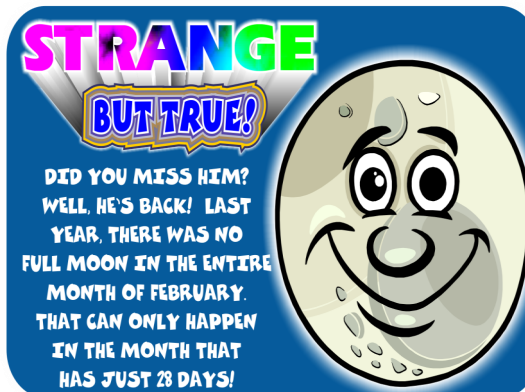
Friday, February 28

Great Beginnings
Choice of Cereal with Blueberry Muffin
Bread

Turkey Sausage Biscuit

Island Parfait

Fruity Delights (1-2):
Assorted Juice
Applesauce



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