




Full Service Breakfast Menu for All Schools (K-12)

February 2012

All breakfasts are FREE. Full student breakfast includes choice of entrée (consisting of a meat/meat alternate and grain/bread serving), 1 fruit side dish, 1 serving of 100% fruit juice, & choice of 1% or skim white milk.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Fun facts about oranges:</p> <ul style="list-style-type: none"> Navel oranges are named that because of the bellybutton formation on one end. The bigger the navel, the sweeter the fruit! After chocolate and vanilla, orange is the world's next favorite flavor. Christopher Columbus brought the first orange seeds to the Americas on his second voyage in 1493. 		<p>1</p> <p>Toasty Turkey Ham, Egg, & Cheese on a Whole Wheat English Muffin</p> <p>Fresh Pear 100% Apple Juice</p>	<p>2</p> <p>Fresh Baked Whole Wheat Blueberry Muffin Square All Natural Yogurt Cup</p> <p>Fresh Banana 100% Orange Juice</p>	<p>3</p> <p>No School</p>
<p>6</p> <p>No School</p>	<p>7</p> <p>Toasty Egg, Cheese, & Turkey Sausage Omelette in a Multigrain Pita</p> <p>Chilled Peach Cup 100% Orange Juice</p>	<p>8</p> <p>Toasty Egg & Cheese Sandwich on a Whole Wheat Bagel</p> <p>Chilled Applesauce Cup 100% Mixed Berry Juice</p>	<p>9</p> <p>Fresh Baked Whole Wheat Peach Muffin Square All Natural Yogurt Cup</p> <p>Fresh Pear 100% Apple Juice</p>	<p>10</p> <p>Homemade Scrambled Eggs Topped w/ Cheddar Cheese Whole Wheat Biscuit</p> <p>Locally Grown Apple 100% Orange Juice</p>
<p>13</p> <p>Toasty Egg & Cheese Omelette in a Multigrain Pita</p> <p>Chilled Peach Cup 100% Apple Juice</p>	<p>14</p> <p>Whole Grain French Toast Sticks w/ Turkey Sausage Link</p> <p>Fresh Pear 100% Orange Juice</p>	<p>15</p> <p>Toasty Turkey Bacon, Egg, & Cheese on a Whole Wheat English Muffin</p> <p>Locally Grown Apple 100% Mixed Berry Juice</p>	<p>16</p> <p>Whole Grain Brown Sugar & Cinnamon Oatmeal Bowl Turkey Sausage Link</p> <p>Fresh Banana 100% Apple Juice</p>	<p>17</p> <p>Southwest Breakfast Taco w/ Eggs, Vegetables, Green Chile Sauce in a Whole Wheat Tortilla</p> <p>Chilled Applesauce Cup 100% Orange Juice</p>
<p>20</p> <p>No School</p>	<p>21</p> <p>Whole Grain Maple Pancakes All Natural Yogurt Cup</p> <p>Chilled Peach Cup 100% Apple Juice</p>	<p>22</p> <p>Toasty Turkey Ham, Egg, & Cheese on a Whole Wheat English Muffin</p> <p>Fresh Pear 100% Orange Juice</p>	<p>23</p> <p>Fresh Baked Whole Wheat Blueberry Muffin Square All Natural Yogurt Cup</p> <p>Chilled Applesauce Cup 100% Mixed Berry Juice</p>	<p>24</p> <p>Cheesy Grits w/ Turkey Sausage Link</p> <p>Fresh Banana 100% Apple Juice</p>
<p>27</p> <p>Toasty Egg, Cheese, & Turkey Sausage Omelette in a Multigrain Pita</p> <p>Chilled Peach Cup 100% Orange Juice</p>	<p>28</p> <p>Homemade Scrambled Eggs Topped w/ Cheddar Cheese Whole Wheat Biscuit</p> <p>Chilled Applesauce Cup 100% Mixed Berry Juice</p>	<p>29</p> <p>Toasty Egg & Cheese Sandwich on a Whole Wheat Bagel</p> <p>Fresh Pear 100% Apple Juice</p>	 <p>Oranges help keep you young! The antioxidants in oranges can help fight against the free radicals that are thought to cause aging and some diseases.</p>	

Daily Cold Breakfast Menu Choices

All cold breakfast menu choices are offered w/ All Natural Yogurt Cup, Fruit, Juice, & 1% or Skim White Milk

<p>Mondays: Assorted Whole Grain Cereals including Berry Berry Kix, Multigrain Cheerios, & Cinnamon Toast Crunch</p>	<p>Tuesdays: Whole Wheat Bagel with Reduced Fat Cream Cheese Spread</p>	<p>Wednesdays: Assorted Whole Grain Cereals including Berry Berry Kix, Multigrain Cheerios, & Cinnamon Toast Crunch</p>	<p>Thursdays: Whole Wheat Zac Omega Breakfast Bar, Strawberry or Apple</p>	<p>Fridays: Whole Grain Blueberry or Apple Cinnamon Muffin, or Banana Bread Loaf</p>
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Oranges. The peak orange season is during the winter months, meaning that they are the juiciest and most flavorful at this time of year. Oranges are a good source of dietary fiber, Vitamins A & C, folate, calcium, potassium, thiamin, magnesium, and antioxidants. All of these nutrients help maintain a healthy heart, good vision and a strong immune system. Oranges may also lower the risk of some cancers. Whole oranges are best. but 100% orange juice has many of the same health benefits.