



Elementary & EC (K-5, K-8) Breakfast in the Classroom Menu

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. 		<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>Whole Wheat Bagel with Reduced Fat Cream Cheese Spread 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>Multigrain Cheerios Cereal Bowl All Natural Yogurt Cup</p> <p>Chilled Applesauce Cup 100% Mixed Berry Juice</p>	<p>9</p> <p>Toasty Egg & Cheddar Sandwich on Whole Wheat Bagel</p> <p>Fresh Pear 100% Apple Juice</p>	<p>10</p> <p>Apple Whole Grain Zac Omega Breakfast Bar All Natural Yogurt Cup</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 Berry Berry Kix Cereal Bowl All Natural Yogurt Cup</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 Apple Cinnamon Muffin All Natural Yogurt Cup</p> <p>Fresh Banana 100% Apple Juice</p>	<p>17</p> <p>Whole Grain Brown Sugar & Cinnamon Oatmeal Bowl w/ All Natural Yogurt Cup</p> <p>Chilled Applesauce Cup 100% Orange Juice</p>
<p>20</p> <p>No School</p>	<p>21</p> <p>Whole Grain Cinnamon Toast Crunch Cereal Bowl 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>Whole Wheat Bagel with Reduced Fat Cream Cheese Spread All Natural Yogurt Cup</p> <p>Chilled Applesauce Cup 100% Mixed Berry Juice</p>	<p>24</p> <p>Whole Grain Maple Pancakes All Natural Yogurt Cup</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>Multigrain Cheerios Cereal Bowl All Natural Yogurt Cup</p> <p>Chilled Applesauce Cup 100% Mixed Berry Juice</p>	<p>29</p> <p>Toasty Egg & Cheddar Sandwich on Whole Wheat Bagel</p> <p>Fresh Pear 100% Apple Juice</p>	<ul style="list-style-type: none"> Christopher Columbus brought the first orange seeds to the Americas on his second voyage in 1493. 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. 	



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.