



## Middle & High School (6-8, 9-12) Grab n Go Breakfast 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
<b>Daily Cold Breakfast Choices</b>  <i>Offered w/ Choice of Yogurt or Part Skim String Cheese, Fruit, Juice, &amp; 1% or Skim Milk</i>  Assorted Whole Grain Cereals  Assorted Whole Grain Muffins  Whole Wheat Bagel with Reduced Fat Cream Cheese Spread  Whole Wheat Zac Omega Breakfast Bar, Strawberry or Apple	Fun facts about <b>oranges</b> : <ul style="list-style-type: none"> <li>Navel oranges are named that because of the bellybutton formation on one end. The bigger the navel, the sweeter the fruit!</li> <li>After chocolate and vanilla, orange is the world's next favorite flavor.</li> </ul>		1 Toasty Turkey Ham, Egg, & Cheese on a Whole Wheat English Muffin  Fresh Pear 100% Apple Juice	2 Fresh Baked Whole Wheat Blueberry Muffin Square All Natural Yogurt Cup  Fresh Banana 100% Orange Juice	3  No School
	6	7	8	9	10
	No School	Toasty Egg, Cheese, & Turkey Sausage Omelette in a Multigrain Pita  Chilled Peach Cup 100% Orange Juice	Toasty Egg & Cheese Sandwich on a Whole Wheat Bagel  Chilled Applesauce Cup 100% Mixed Berry Juice	Fresh Baked Whole Wheat Peach Muffin Square All Natural Yogurt Cup  Fresh Pear 100% Apple Juice	Homemade Scrambled Eggs Topped w/ Cheddar Cheese Whole Wheat Biscuit  Locally Grown Apple 100% Orange Juice
	13	14	15	16	17
	Toasty Egg & Cheese Omelette in a Multigrain Pita  Chilled Peach Cup 100% Apple Juice	Whole Grain French Toast Sticks w/ Turkey Sausage Link  Fresh Pear 100% Orange Juice	Toasty Turkey Bacon, Egg, & Cheese on a Whole Wheat English Muffin  Locally Grown Apple 100% Mixed Berry Juice	Whole Grain Brown Sugar & Cinnamon Oatmeal Bowl Turkey Sausage Link  Fresh Banana 100% Apple Juice	Southwest Breakfast Taco w/ Eggs, Vegetables, Green Chile Sauce in a Whole Wheat Tortilla  Chilled Applesauce Cup 100% Orange Juice
	20	21	22	23	24
No School	Whole Grain Maple Pancakes All Natural Yogurt Cup  Chilled Peach Cup 100% Apple Juice	Toasty Turkey Ham, Egg, & Cheese on a Whole Wheat English Muffin  Fresh Pear 100% Orange Juice	Fresh Baked Whole Wheat Blueberry Muffin Square All Natural Yogurt Cup  Chilled Applesauce Cup 100% Mixed Berry Juice	Cheesy Grits w/ Turkey Sausage Link  Fresh Banana 100% Apple Juice	
27	28	29	<ul style="list-style-type: none"> <li>Christopher Columbus brought the first orange seeds to the Americas on his second voyage in 1493.</li> <li>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.</li> </ul>		
Toasty Egg, Cheese, & Turkey Sausage Omelette in a Multigrain Pita  Chilled Peach Cup 100% Orange Juice	Homemade Scrambled Eggs Topped w/ Cheddar Cheese Whole Wheat Biscuit  Chilled Applesauce Cup 100% Mixed Berry Juice	Toasty Egg & Cheese Sandwich on a Whole Wheat Bagel  Fresh Pear 100% Apple Juice			

### 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.

