SIMPLY GOOD

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Chartwells
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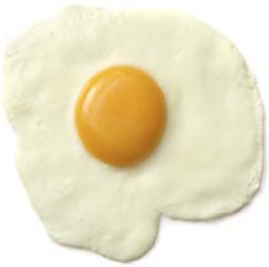
Middle & High School (6-8, 9-12) Grab n Go Breakfast Menu January 2012

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.

Daily Cold Breakfast Choices
Offered w/ Choice of Yogurt or Part Skim String Cheese, Fruit, Juice, & 1% or Skim Milk
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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	3 Whole Grain French Toast Sticks w/ Turkey Sausage Link Chilled Peach Cup 100% Apple Juice	4 Toasty Turkey Bacon, Egg, & Cheese on a Whole Wheat English Muffin Chilled Applesauce Cup 100% Orange Juice	5 Whole Grain Brown Sugar & Cinnamon Oatmeal Bowl Turkey Sausage Link Locally Grown Apple 100% Mixed Berry Juice	6 Southwest Breakfast Taco w/ Eggs, Vegetables, Green Chile Sauce in a Whole Wheat Tortilla Fresh Banana 100% Apple Juice
9 Savory Chicken Sausage Patty on a Whole Wheat Biscuit Chilled Applesauce Cup 100% Orange Juice	10 Whole Grain Maple Pancakes All Natural Yogurt Cup Locally Grown Apple 100% Mixed Berry Juice	11 Toasty Turkey Ham, Egg, & Cheese on a Whole Wheat English Muffin Chilled Peach Cup 100% Apple Juice	12 Fresh Baked Whole Wheat Pumpkin Muffin Square All Natural Yogurt Cup Fresh Banana 100% Orange Juice	13 Cheesy Grits w/ Turkey Sausage Link Fresh Pear 100% Mixed Berry Juice
16 **Happy Martin Luther King Day!**	17 Toasty Egg, Cheese, & Turkey Sausage Omelette in a Multigrain Pita Chilled Peach Cup 100% Orange Juice	18 Toasty Egg & Cheese Sandwich on a Whole Wheat Bagel Chilled Applesauce Cup 100% Mixed Berry Juice	19 Fresh Baked Whole Wheat Peach Muffin Square All Natural Yogurt Cup Fresh Pear 100% Apple Juice	20 Homemade Scrambled Eggs Topped w/ Cheddar Cheese Whole Wheat Biscuit Locally Grown Apple 100% Orange Juice
23 Toasty Egg & Cheese Omelette in a Multigrain Pita Chilled Peach Cup 100% Mixed Berry Juice	24 Whole Grain French Toast Sticks w/ Turkey Sausage Link Locally Grown Apple 100% Orange Juice	25 Toasty Turkey Bacon, Egg, & Cheese on a Whole Wheat English Muffin Tropical Fruit Salad 100% Apple Juice	26 Whole Grain Brown Sugar & Cinnamon Oatmeal Bowl Turkey Sausage Link Chilled Applesauce Cup 100% Mixed Berry Juice	27 Southwest Breakfast Taco w/ Eggs, Vegetables, Green Chile Sauce in a Whole Wheat Tortilla Fresh Banana 100% Orange Juice
30 Savory Chicken Sausage Patty on a Whole Wheat Biscuit Chilled Applesauce Cup 100% Mixed Berry Juice	31 Whole Grain Maple Pancakes All Natural Yogurt Cup Chilled Peach Cup 100% Apple Juice	There are many ways to enjoy eggs! Unscramble the following words to find your favorite: VEORYEAS YUNSN SEID PU DRAH LEDOIB LEMOTE BDELCMSRA DIREF VILDEVED		



Wondering what would make an egg-cellent breakfast?

Eggs! Just one large egg contains 8 grams of high quality protein, which is needed for forming muscle tissue, building muscle strength and repairing muscles after exercise. Eggs also contain vitamins A, B, D and E.

Combine eggs with a whole grain food, like whole wheat bagels or English muffins, for a tasty and balanced breakfast!

The National School Lunch Program is operated in accordance with U.S. Department of Agriculture policy which does not permit discrimination because of race, color, sex, age, handicap or national origin. Any person who believes that he or she has been discriminated against in any U.S.D.A. activity should write to the Secretary of Agriculture, Washington, D.C. 20250.