

# Eat Breakfast.

FORT LEE SCHOOL DISTRICT  
ELEMENTARY AND LEWIS F. COLE MIDDLE SCHOOL BREAKFAST MENU -  
FEBRUARY 2012

Monday	Tuesday	Wednesday	Thursday	Friday
All Breakfasts are Offered with a Choice of Low Fat Milk				
		<b>1</b> <b>Kellogg's®</b> Rice Krispie Cereal Graham Crackers Chilled Fruit	<b>2</b> <b>Kellogg's®</b> Corn Flakes Cereal Graham Crackers Chilled Fruit	<b>3</b> <b>Otis Spunkmeyer®</b> Whole Grain Chocolate Chip Muffin Graham Crackers Chilled Fruit
<b>6</b> <b>Bake Crafters®</b> Corn Muffin Graham Crackers Chilled Fruit	<b>7</b> <b>Pillsbury®</b> Mini waffle Graham crackers Chilled Fruit	<b>8</b> <b>Kellogg's®</b> Rice Krispie Cereal Graham Crackers Chilled Fruit	<b>9</b> <b>Kellogg's®</b> Corn Flakes Cereal Graham Crackers Chilled Fruit	<b>10</b> <b>Otis Spunkmeyer®</b> Whole Grain Chocolate Chip Muffin Graham Crackers Chilled Fruit
<b>13</b> <b>Bake Crafters®</b> Corn Muffin Graham Crackers Chilled Fruit	<b>14</b> <b>Pillsbury®</b> Mini waffle Graham crackers Chilled Fruit	<b>15</b> <b>Kellogg's®</b> Rice Krispie Cereal Graham Crackers Chilled Fruit	<b>16</b> <b>Kellogg's®</b> Corn Flakes Cereal Graham Crackers Chilled Fruit	<b>17</b> <b>Otis Spunkmeyer®</b> Whole Grain Chocolate Chip Muffin Graham Crackers Chilled Fruit
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
<b>27</b> <b>Bake Crafters®</b> Corn Muffin Graham Crackers Chilled Fruit	<b>28</b> <b>Pillsbury®</b> Mini waffle Graham crackers Chilled Fruit	<b>29</b> <b>Kellogg's®</b> Rice Krispie Cereal Graham Crackers Chilled Fruit		



Balanced Choices is Chartwells program designed to identify the "better-for-you" choices within the school lunch environment. Balanced Choice promotes snacks, beverages and entrees that meet precise nutrition parameters which endorse healthy eating guidelines and appropriate portion sizes. Balanced Choice also establishes nutrition parameters to promote a reduction in nutrients that are abundant in students' diets, while ensuring that each food item makes a positive contribution of vitamins, minerals and fiber. Eating healthy is often a balancing act. Make a healthy lifestyle doable by:

- ✓ Balancing the foods you eat with physical activity.
- ✓ Watching your sugar intake.
- ✓ Snacking smart - Limit sweets in favor of healthier snacks.
- ✓ Eating smart when eating out.
- ✓ Paying close attention to portion sizes.

**LOOK FOR THE LOGO!**

