




SCHOOL District #97 - School Breakfast Menu
 BEYE, HATCH, HOLMES, WHITTIER

FEBRUARY 2010

½ Pint Milk Served With Each Meal • Menu Subject to Change • All Dressings are fat free • *Contains Beef • **Contains Pork • ***Contains Turkey • #Whole Grain Food All menus are less than 30% calories from fat

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| 1 Cereal Box Milk | 2 Whole Grain Turkey Sausage Pancake on a Stick Fruit Cup Milk | 3 Assorted Yogurt with Granola Fresh Fruit Milk | 4 Breakfast Buritto with whole wheat Tortilla Fruit Cup Milk | 5 Whole Grain Low Fat Apple Cinnamon Muffin Fresh Fruit Milk |
| 8 Cereal Box Milk | 9 Whole Wheat Pan- cakes with Turkey Canadian Bacon Fruit Cup Milk | 10 Assorted Yogurt with Granola Fresh Fruit Milk | 11 Scrambled Eggs with Whole Wheat Toast Fruit Cup Milk | 12 Whole Grain Low Fat Banana Muffin Fresh Fruit Milk  |
| 15  President's Day | 16 Glazed Cinnamon French Toast Fruit Cup Milk  MARDI GRAS | 17 Whole Grain Low Fat Blueberry Muffin Fresh Fruit Milk | 18 Whole Grain Waffle Sticks Fruit Cup Milk | 19 Assorted Yogurt with Granola Fresh Fruit Milk |
| 22 Whole Grain Low Fat Chocolate Chip Muffin Chilled Juice Milk | 23 Cheese Omlette Fruit Cup Milk | 24 Assorted Yogurt with Granola Fresh Fruit Milk | 25 Breakfast Pizza on whole wheat crust Fruit Cup Milk | 26 Bagel with Low Fat Cream Cheese Fresh Fruit Milk |
| <p>February is National Heart Month and we think it is a good time to remind you that adding whole grains to your daily food choices will help you to grow and stay healthy. Some of the food choices this month which include whole grain foods are the Muffins, Pancakes, Waffles, Toast and our Pizza. We think these will show you that good nutrition can also taste great! Don't forget to keep eating at least five servings of fruits and vegetables each day to also help you to stay fit as you grow, play and learn.</p> | | | | |