

CHRIST THE KING CONTINUING EDUCATION

FEBRUARY 2019 MVP BREAKFAST MENU

WEEKLY NUTRITIONAL TOTALS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
G/B 9 oz. M/ma 9 oz. Milk 5 c F/V 5 c					1 BAGELS 2 oz. Whole Grain Bagel 1 oz. Low Fat Cream Cheese ½ c Apple Juice ½ c Fresh Fruit
G/B 9 oz. M/ma 9 oz. Milk 5 c F/V 5 c	4 MUFFIN 1.5 oz. WG Blueberry Muffin 1 c 1%/ Skim/FF Choc Milk ½ c Natural Apple Sauce ½ c Orange Juice	5 EGGS 2 oz. WG Sliced Bread 2 oz. Eggs w/ Turkey Bacon 1 c 1%/ Skim/FF Choc Milk 1 c Fresh Fruit	6 YOGURT 1.5 oz. Granola 2 oz. Low Fat Yogurt 1 c 1%/ Skim/FF Choc Milk 1 c Fresh Fruit	7 PANCAKES 2 oz. Pancakes 1 oz. Syrup 1 c 1%/ Skim/FF Choc Milk 1 c Fresh Fruit	8 BAGELS 2 oz. Whole Grain Bagel 1 oz. Low Fat Cream Cheese ½ c Apple Juice ½ c Fresh Fruit
G/B 9 oz. M/ma 9 oz. Milk 5 c F/V 5 c	11 MUFFIN 1.5 oz. WG Blueberry Muffin 1 c 1%/ Skim/FF Choc Milk ½ c Natural Apple Sauce ½ c Orange Juice	12 EGGS 2 oz. WG Sliced Bread 2 oz. Eggs w/ Turkey Bacon 1 c 1%/ Skim/FF Choc Milk 1 c Fresh Fruit	13 YOGURT 1.5 oz. Granola 2 oz. Low Fat Yogurt 1 c 1%/ Skim/FF Choc Milk 1 c Fresh Fruit	14 FRENCH TOAST 2 oz. French Toast Sticks 1 oz. Syrup 1 c 1%/ Skim/FF Choc Milk 1 c Fresh Fruit	15 BAGELS 2 oz. Whole Grain Bagel 1 oz. Low Fat Cream Cheese ½ c Apple Juice ½ c Fresh Fruit
G/B 9 oz. M/ma 9 oz. Milk 5 c F/V 5 c	18 MID-WINTER BREAK NO SCHOOL	19 MID-WINTER BREAK NO SCHOOL	20 MID-WINTER BREAK NO SCHOOL	21 MID-WINTER BREAK NO SCHOOL	22 MID-WINTER BREAK NO SCHOOL
G/B 9 oz. M/ma 9 oz. Milk 5 c F/V 5 c	25 MUFFIN 1.5 oz. WG Blueberry Muffin 1 c 1%/ Skim/FF Choc Milk	26 EGGS 2 oz. WG Sliced Bread	27 YOGURT 1.5 oz. Granola 2 oz. Low Fat Yogurt 1 c 1%/ Skim/FF Choc Milk	28 FRENCH TOAST 2 oz. French Toast Sticks	

	½ c Natural Apple Sauce ½ c Orange Juice	2 oz. Eggs w/ Turkey Bacon 1 c 1%/ Skim/FF Choc Milk 1 c Fresh Fruit	1 c Fresh Fruit	1 oz. Syrup 1 c 1%/ Skim/FF Choc Milk 1 c Fresh Fruit	
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