FEBRUARY



LYONS SCHOOL DISTRICT 103

BTG - Breakfast K-12

Monday	Tuesday	Wednesday	Thursday	Friday
January 28, 2019	January 29, 2019	January 30, 2019	January 31, 2019	February 1, 2019
				FROSTED CORN FLAKES Animal Graham Crackers Fresh Apple Choice of Milk
February 4, 2019	February 5, 2019	February 6, 2019	February 7, 2019	February 8, 2019
CINNAMON CHEX Animal Graham Crackers Apple Juice Craisins Choice of Milk	CHEERIOS Graham Crackers Grape Julice Diced Peaches Choice of Milk	CINNAMON TOAST CRUNCH Strawberry Square Blended Fruit Julice Diced Pears Choice of Milk	GOLDEN GRAHAMS CEREAL Cherry Bar Strawberry Kiwi Juice Pineapple Tidbits Choice of Milk	FRUITY CHEERIOS Maple Breakfast Square Orange Tangerine Juice Applesauce Cup Choice of Milk
February 11, 2019	February 12, 2019	February 13, 2019	February 14, 2019	February 15, 2019
APPLE CINNAMON CHEERIOS Vanilla Breakfast Square Blended Fruit Juice Craisins Choice of Milk	CINNAMON TOAST CRUNCH Strawberry Square Blended Fruit Juice Diced Pears Choice of Milk	RICE CHEX Vanilla Square Fresh Apple Choice of Milk	FRUITY CHEERIOS Maple Breakfast Square Orange Tangerine Julice Fresh Banana Choice of Milk	
February 18, 2019	February 19, 2019	February 20, 2019	February 21, 2019	February 22, 2019
	CINNAMON CHEX Animal Graham Crackers Apple Julice Craisins Choice of Milk	CHEERIOS Graham Crackers Grape Juice Diced Peaches Choice of Milk	Fresh Orange Choice of Milk GOLDEN GRAHAMS CEREAL Cherry Bar Strawberry Kiwi Juice	COCOA PUFFS Animal Grahams Fresh Apple Choice of Milk
February 25, 2019	February 26, 2019	February 27, 2019	February 28, 2019	March 1, 2019
APPLE CINNAMON CHEERIOS Vanilla Breakfast Square Blended Fruit Juice Craisins Choice of Milk	CINNAMON TOAST CRUNCH Strawberry Square Blended Fruit Juice Pineapple Tidbits Choice of Milk	RICE CHEX Vanilla Square Fresh Apple Choice of Milk	FRUITY CHEERIOS Maple Breakfast Square Orange Tangerine Juice Fresh Banana Choice of Milk	

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK. ** MENU SUBJECT TO CHANGE **

^ Denotes item is whole-grain/whole wheat

*** This institution is an equal opportunity provider.

www.preferredmeals.com



Nutritional Information: LYONS SCHOOL DISTRICT 103

Nutrition Information and menus are planned using a blended estimate of milk choices served in schools. For individual milk nutrients consult actual labels on cartons served at the school.

	Item Name	Calories	Total Fat (g	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
02-01- 2019																
01- .9	FROSTED CORN FLAKES Animal Graham Crackers	220	5	0	0	0	235	44	3	14	3	150	5	263	7	G/B:2sv WG
	Fresh Apple	64	0	0	0	0	1	17	3	13	0	4	6	7	0	F:1c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
02-04- 2019																
04- .9	CINNAMON CHEX Animal Graham Crackers Apple Juice	240	7	0	0	0	225	42	3	12	3	120	5	193	8	G/B:2sv WG F:1/2c
	Craisins	110	0	0	0	0	0	28	3	24	0	0	0	0	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
02 20																
02-05- 2019	CHEERIOS Graham Crackers Grape Juice	270	4	0	0	0	250	56	4	24	5	110	6	110	9	G/B:2sv WG F:1/2c
	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
02-06 2019																
.9 .9	CINNAMON TOAST CRUNCH Strawberry Square Blended Fruit Juice	280	8	2	0	0	205	53	4	25	3	120	65	300	4	G/B:2sv WG F:1/2c
	Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
02-07- 2019																
07- .9	GOLDEN GRAHAMS CEREAL Cherry Bar Strawberry Kiwi Juice	330	7	2	0	0	290	65	3	29	4	120	5	90	4	G/B:2sv WG F:1/2c
	Pineapple Tidbits	50	0	0	0	0	7	11	1	9	2	13	6	10	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
02 20																
02-08- 2019	FRUITY CHEERIOS Maple Breakfast Square Orange Tangerine Juice	290	6	1	0	0	190	57	3	27	4	150	12	100	5	G/B:2sv WG F:1/2c
	Applesauce Cup	51	0	0	0	0	2	14	1	12	0	1	1	5	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	

02-11- 2019																
111-	APPLE CINNAMON CHEERIOS Vanilla Breakfast Square Blended Fruit Juice	280	6	1	0	0	155	53	3	29	4	150	66	200	4	G/B:2sv WG F:1/2c
	Craisins	110	0	0	0	0	0	28	3	24	0	0	0	0	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
20																
02-12- 2019	CINNAMON TOAST CRUNCH Strawberry Square Blended Fruit Juice	280	8	2	0	0	205	53	4	25	3	120	65	300	4	G/B:2sv WG F:1/2c
	Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
20																
02-13- 2019	RICE CHEX															
	Vanilla Square	210	5	1	0	0	290	41	2	7	4	100	6	100	9	G/B:2sv WG
	Fresh Apple	64	0	0	0	0	1	17	3	13	0	4	6	7	0	F:1c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
02-14- 2019																
14- .9	FRUITY CHEERIOS Maple Breakfast Square Orange Tangerine Juice	290	6	1	0	0	190	57	3	27	4	150	12	100	5	G/B:2sv WG F:1/2c
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
02 20																
02-19- 2019	CINNAMON CHEX Animal Graham Crackers Apple Juice	240	7	0	0	0	225	42	3	12	3	120	5	193	8	G/B:2sv WG F:1/2c
	Craisins	110	0	0	0	0	0	28	3	24	0	0	0	0	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
02 20																
02-20- 2019	CHEERIOS Graham Crackers Grape Juice	270	4	0	0	0	250	56	4	24	5	110	6	110	9	G/B:2sv WG F:1/2c
	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
20																
02-21 2019	Fresh Orange	61	0	0	0	0	0	15	3	12	1	14	69	52	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
	GOLDEN GRAHAMS CEREAL Cherry Bar Strawberry Kiwi Juice	330	7	2	0	0	290	65	3	29	4	120	5	90	4	G/B:2sv WG F:1/2c
02 20																

	COCOA PUFFS Animal Grahams	230	6	0	0	0	215	45	4	14	4	150	6	213	6	G/B:2sv WG
	Fresh Apple	64	0	0	0	0	1	17	3	13	0	4	6	7	0	F:1c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
02 20																
02-25- 2019	APPLE CINNAMON CHEERIOS Vanilla Breakfast Square Blended Fruit Juice	280	6	1	0	0	155	53	3	29	4	150	66	200	4	G/B:2sv WG F:1/2c
	Craisins	110	0	0	0	0	0	28	3	24	0	0	0	0	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
20																
02-26- 2019	CINNAMON TOAST CRUNCH Strawberry Square Blended Fruit Juice	280	8	2	0	0	205	53	4	25	3	120	65	300	4	G/B:2sv WG F:1/2c
	Pineapple Tidbits	50	0	0	0	0	7	11	1	9	2	13	6	10	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
20																
02-27- 2019	RICE CHEX Vanilla Square	210	5	1	0	0	290	41	2	7	4	100	6	100	9	G/B:2sv WG
	Fresh Apple	64	0	0	0	0	1	17	3	13	0	4	6	7	0	F:1c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
02 20																
02-28- 2019	FRUITY CHEERIOS Maple Breakfast Square Orange Tangerine Juice	290	6	1	0	0	190	57	3	27	4	150	12	100	5	G/B:2sv WG F:1/2c
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	

 $\begin{tabular}{lll} \mbox{Meal Contributions}: & \mbox{M/MA} = \mbox{Meat/Meat Alternate} & \mbox{F} = \mbox{Fruit} \\ \mbox{Vegetable Types}: & \mbox{DG} = \mbox{Dark Grean} & \mbox{R/O} = \mbox{Red/Orange} \\ \end{tabular}$

V = Vegetable L = Legumes

G/B = Grain/Bread S = Starchy O = Other

W/G = Whole Grain

Allergen Information: LYONS SCHOOL DISTRICT 103

ALLERGEN WARNING: This menu is for reference only, and the food products delivered to schools are subject to change without notice. Accurate and up-to-date ingredient information regarding ingredients – including the 8 major food allergens – is available on the product label at your school. To avoid exposure to these food allergens, refer to the actual product label. FAILURE TO DO SO MAY RESULT IN INADVERTENT EXPOSURE TO FOOD ALLERGENS.

	Item Name	Milk	Egg	Peanu	Tree Nut	Fish	Shellfish	Soy	Wheat
20									
02-01- 2019	FROSTED CORN FLAKES Animal Graham Crackers	X	Х					Х	Х
	Fresh Apple								
	Choice of Milk	х							
02 20									
02-04- 2019	CINNAMON CHEX Animal Graham Crackers Apple Juice	Х	Х					Х	Х
	Craisins								
	Choice of Milk	Х							
20									
02-05- 2019	CHEERIOS Graham Crackers Grape Juice							х	х
	Diced Peaches								
	Choice of Milk	х							
20									
02-06- 2019	CINNAMON TOAST CRUNCH Strawberry Square Blended Fruit Juice		х					Х	Х
	Diced Pears								
	Choice of Milk	Х							
02 20									
02-07- 2019	GOLDEN GRAHAMS CEREAL Cherry Bar Strawberry Kiwi Juice							X	Х
	Pineapple Tidbits								
	Choice of Milk	Х							
20:									
02-08- 2019	FRUITY CHEERIOS Maple Breakfast Square Orange Tangerine Juice		х					х	Х
	Applesauce Cup								

	Choice of Milk	Х					
20							
02-11- 2019	APPLE CINNAMON CHEERIOS Vanilla Breakfast Square Blended Fruit Juice		Х			х	Х
	Craisins						
	Choice of Milk	Х					
02-12- 2019							
12- .9	CINNAMON TOAST CRUNCH Strawberry Square Blended Fruit Juice		X			X	X
	Diced Pears						
	Choice of Milk	Х					
02-13- 2019							
9 13-	RICE CHEX Vanilla Square		Х			Х	Х
	Fresh Apple						
	Choice of Milk	X					
02-14- 2019							
4	FRUITY CHEERIOS Maple Breakfast Square Orange Tangerine Juice		X			Х	Х
	Fresh Banana						
	Choice of Milk	X					
02-19- 2019							
9-	CINNAMON CHEX Animal Graham Crackers Apple Juice	X	X			X	X
	Craisins						
	Choice of Milk	Х					
02-20- 2019							
9	CHEERIOS Graham Crackers Grape Juice					X	X
	Diced Peaches						
	Choice of Milk	Х					
02-21- 2019							
21-	Fresh Orange						
	Choice of Milk	Х					

	GOLDEN GRAHAMS CEREAL Cherry Bar Strawberry Kiwi Juice					X	x
20							
2019	COCOA PUFFS Animal Grahams	х	х			х	х
	Fresh Apple						
	Choice of Milk	х					
20:							
2019	APPLE CINNAMON CHEERIOS Vanilla Breakfast Square Blended Fruit Juice		х			х	х
	Craisins						
	Choice of Milk	Х					
20:							
2019	CINNAMON TOAST CRUNCH Strawberry Square Blended Fruit Juice		Х			X	Х
	Pineapple Tidbits						
	Choice of Milk	Х					
2019							
19	RICE CHEX Vanilla Square		Х			Х	Х
	Fresh Apple						
	Choice of Milk	х					
20							
02-28- 2019	FRUITY CHEERIOS Maple Breakfast Square Orange Tangerine Juice		х			Х	х
	Fresh Banana						
	Choice of Milk	Х					