

# 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 Juice Diced Peaches Choice of Milk	CINNAMON TOAST CRUNCH Strawberry Square Blended Fruit Juice 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 Juice 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 Juice 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.



02-11-2019																	
	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		
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		
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																	
	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		
02-19-2019																	
	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		
02-20-2019																	
	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		
02-21-2019																	
	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		
02-20																	
	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	

02-25-2019	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	
02-25-2019	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	
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	
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	
02-28-2019	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	

Meal Contributions : M/MA = Meat/Meat Alternate      F = Fruit      V = Vegetable      G/B = Grain/Bread      W/G = Whole Grain  
Vegetable Types : DG = Dark Green      R/O = Red/Orange      L = Legumes      S = Starchy      O = Other





