

February 2019

MHS

BREAKFAST



All students' Pre-K thru 12 eat breakfast free of charge.



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday



Tuesday

Wednesday

Thursday

Friday

1

Cereal
Juice
Raisins
Milk

4

Breakfast Pizza
Juice
100% Fruit Slush
Milk

5

Cherry Frudel
Juice
Fruit Cup
Milk

6

Hot Ham & Cheese
Juice
Pineapple Cup
Milk

7

Sausage & Biscuit
Juice
Apple Slices
Milk

8

Cereal
Juice
Craisins
Milk

11

CiniMini
Juice
100% Fruit Slush
Milk

12

Cinnamon Bagel
Juice
Peach Cup
Milk

13

Sausage Pancake Wraps
Juice
Applesauce
Milk

14

Chicken & Biscuit
Juice
Grapes
Milk

15

Cereal
Juice
Raisins
Milk

18

No School

19

Banana Bread
Juice
Fruit Cup
Milk

20

Mini Doughnut
Juice
Mixed Fruit
Milk

21

Sausage & Biscuit
Juice
Apple Slices
Milk

22

Cereal
Juice
Craisins
Milk

25

Egg & Cheese Omelet/ Biscuit
Juice
100% Fruit Slush
Milk

26

Breakfast Bun
Juice
Peach Cup
Milk

27

Pepperoni Breadstick
Juice
Pineapple Cup
Milk

Chicken & Biscuit
Juice
Grapes
Milk

