

# February 2018 Breakfast and Snack Menu

## Monday

"WGR" means "Whole Gran Rich" and specifies that the item contains at least 50% whole grains. "WW" means "Whole Wheat" and specifies that the item contains 100% whole wheat.

## Tuesday

No peanut, nuts, or pork products are used in the preparation of any menu item. Milk (1% low fat) is served with every breakfast.

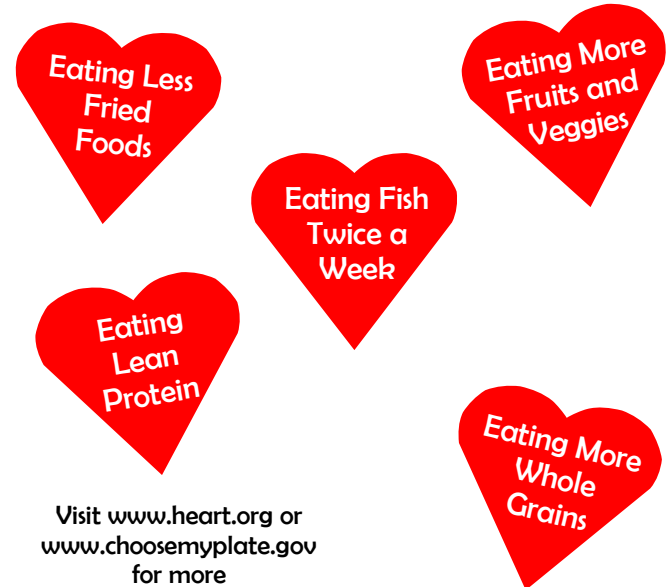
## Wednesday

## Thursday

# February is National Heart Month!



Did you know heart disease is the leading cause of death in America? Help your family have healthy hearts by:



Visit [www.heart.org](http://www.heart.org) or [www.choosemyplate.gov](http://www.choosemyplate.gov) for more information.

5  
**Chex Cereal**  
**Cranberry Juice**  
 -----  
 Snack Mix  
 Banana

6  
**Yogurt Parfait w/  
 Peaches and Oats**  
 -----  
 Yogurt Parfait w/  
 Peaches and Oats

7  
**WGR English Muffin  
 Cheese Slice  
 Applesauce**  
 -----  
 Carrot and Celery  
 Sticks  
 Hummus

8  
**WGR Apple Spice  
 Muffins  
 Pears**  
 -----  
 WGR Apple Spice  
 Muffins

12  
**Corn Flakes  
 Apple Juice**  
 -----  
 Pretzels  
 Applesauce

13  
**Seasonal Bagel w/  
 Specialty Cream  
 Cheese & Fruit Cocktail**  
 -----  
 Seasonal Bagel w/  
 Specialty Cream  
 Cheese & Fruit Cocktail

14  
**Berry Fruit Bake  
 Vanilla Yogurt**  
 -----  
 Berry Fruit Bake  
 Vanilla Yogurt

15  
**WGR Zucchini Bread  
 Pineapple**  
 -----  
 WGR Zucchini Bread  
 Pineapple

19  
**NO SCHOOL**

20  
**WGR Cheerios  
 Orange Juice**  
 -----  
 Cheese and  
 WGR Crackers

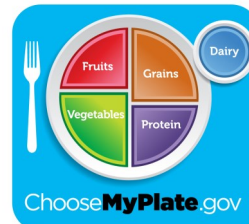
21  
**WGR Blueberry Muffin  
 Peaches**  
 -----  
 WGR Blueberry Muffin  
 Peaches

22  
**Whole Wheat Bread  
 Honey Butter  
 Satsuma**  
 -----  
 Whole Wheat Bread  
 Honey Butter  
 Satsuma

26  
**Life Cereal  
 Grape Juice**  
 -----  
 Pretzel Bun  
 Sunbutter

27  
**Cottage Cheese  
 Pineapple Tidbits**  
 -----  
 Cottage Cheese  
 Pineapple Tidbits

28  
**Rice Cakes  
 Satsuma**  
 -----  
 String Cheese  
 Satsuma



This institution is an equal opportunity provider.