

February 2019 Breakfast and Snack Menu

Tuesday

"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.

Wednesday

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

Thursday

Friday

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:

Eating Less Fried Foods

Eating More Fruits and Veggies

Eating Fish Twice a Week

Eating Lean Protein

Eating More Whole Grains

Visit www.heart.org or www.choosemyplate.gov for more information.



This institution is an equal opportunity provider.

5

**Corn Flakes
Grape Juice**

Cheese and Crackers
Mini Apples

6

**Cottage Cheese
Peaches**

Cottage Cheese
Peaches

7

**WGR Bagel w/
Cream Cheese
Bananas**

WGR Bagel w/
Cream Cheese
Bananas

8

**Seasonal Bagel w/
Cream Cheese
Pears**

Seasonal Bagel w/
Cream Cheese
Pears

12

**Rice Chex Cereal
Cranberry Juice**

Carrot and Celery
Sticks
Hummus

13

**Deluxe Snack Mix
(WGR Cereal, Crackers,
Dried Fruit)
Mandarin Oranges**

Deluxe Snack Mix
Mandarin Oranges

14

**WGR Soft Pretzel w/
Honey Mustard
Applesauce**

WGR Soft Pretzel w/
Honey Mustard
Applesauce

15

**WGR Blueberry Bites
Tropical Fruit**

WGR Blueberry Bites
Tropical Fruit

19

**Life Cereal
Orange Juice**

Snack Mix (Cheerios, Kix,
Pretzels, Fish crackers)
Pears

20

**WGR Banana Muffin
Peaches**

WGR Banana Muffin
Peaches

21

**Yogurt Berry Parfait w/
WGR Oat Topping**

Yogurt Berry Parfait w/
WGR Oat Topping

22

**Yogurt
Kiwi**

Yogurt
Kiwi

26

**Bran Flakes
Apple Juice**

Celery Sticks w/ Sun
Butter
Tropical Fruit

27

**WGR English Muffin
w/ Honey Butter
Applesauce**

WGR English Muffin
w/ Honey Butter
Applesauce

28

**Deluxe Snack Mix
(WGR Cereal,
Crackers, Dried Fruit)
Mandarin Oranges**

Deluxe Snack Mix
Mandarin Oranges