

Health • e
LIVING



Guilford Breakfast Menu

February 2019

In Season Broccoli

Broccoli shares cancer fighting, immune boosting properties.

Broccoli contains high levels of both calcium and vitamin k, both of which are important for bone health and prevention of osteoporosis



Monday

Tuesday

Wednesday

Thursday

Friday



Assorted Breakfast Sandwiches **1**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Assorted Oatmeal Or Cereal **4**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Scramble eggs w/ **5**
½ bagel & Hash brown
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Ultimate Breakfast **6**
Round
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

4 oz. NY Yogurt **7**
w/ Muffin
100% Juice
Fresh /Canned Fruit
NY Low Fat/Fat Free Milk

Assorted Breakfast Sandwiches **8**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Assorted Oatmeal Or Cereal **11**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Breakfast Pizza **12**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Fluffy Pancakes w/ Strawberries or Syrup **13**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Breakfast on a Stick **14**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Assorted Breakfast Sandwiches **15**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk



No School **19**
Presidents' Day
Recess

20
Read a book!


Go for a walk **21**


22


Assorted Oatmeal Or Cereal **25**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

26
Breakfast on a Stick
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

27
Omelet w/½ Bagel
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Waffles **28**
w/ NY Blueberries
100% Juice
Fresh /Canned Fruit
NY Low Fat/Fat Free Milk



Announcements

Choices Available Daily:

Assorted Cereal
OR
Assorted Cereal
w/ Toast

Milk Choices:

1% White, Skim White
Skim Chocolate

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Meal Prices

Breakfast will be served at
NO COST to all students
for the 18/19 school year!
Lunch for grades 7th-12th
is \$2.00

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Menu subject to change without notice.