

**Health·e  
LIVING**



# Jr / Sr High 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 **4**  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

Breakfast Boat **5**  
**Or Smoothie**  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

Ultimate Breakfast Round **6**  
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 **11**  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

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

Fluffy Pancakes **13**  
w/ Strawberries or Syrup  
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 **25**  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

Breakfast Pizza **26**  
**Or Smoothie**  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

Omelet w/½ Bagel **27**  
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
- Assorted Cereal w/1/2 bagel
- Bagel w/ Cream Cheese

### 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.