

FEBRUARY 2018 - Breakfast

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Week 1 FEB 1-2	1 oz. Pancake 1oz. Turkey Sausage 1/2 cup Fruit 8 oz. Juice 8 oz. Milk	4oz. Dry Cereal 1.5oz. Granola Bar 1/2 cup Fruit 8 oz. Juice 8 oz. Milk	1oz. French Toast 1oz. Turkey Sausage 1/2 cup Fruit 8 oz. Juice 8 oz. Milk	4 oz. Oatmeal 1.5 oz. Biscuits Jelly 1/2 cup Fruit 8 oz. Juice 8 oz. Milk	4oz. Dry Cereal 1.5oz. Granola Bar 1/2 cup Fruit 8 oz. Juice 8 oz. Milk	
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Week 2 FEB 5-9	1 oz. Pancake 1oz. Turkey Sausage 1/2 cup Fruit 8 oz. Juice 8 oz. Milk	2 oz. Muffin 4 oz. Oatmeal 1/2 cup Fruit 8 oz. Juice 8 oz. Milk	1.5 oz. Biscuit 1 oz. turkey sausage 1/2 cup Fruit 8 oz. Juice 8 oz. Milk	4oz. Dry Cereal 1.5oz. Granola Bar 1/2 cup Fruit 8 oz. Juice 8 oz. Milk	Egg & Cheese Biscuit 1.5 oz. Egg/1.5 oz. Biscuit 1 oz. Potato Patty 1/2 cup Fruit 8 oz. Juice 8 oz. Milk	
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Week 3 FEB 12-16	4 oz. Oatmeal 1.5 oz. Biscuits Jelly 1/2 cup Fruit 8 oz. Juice 8 oz. Milk	2 oz. Pancake 1oz. Turkey Sausage 1/2 cup Fruit 8 oz. Juice 8 oz. Milk	4oz. Dry Cereal 1.5oz. Granola Bar 1/2 cup Fruit 8 oz. Juice 8 oz. Milk	1oz. French Toast 1oz. Turkey Sausage 1/2 cup Fruit 8 oz. Juice 8 oz. Milk	4 oz. Oatmeal 1.5 oz. Biscuits Jelly 1/2 cup Fruit 8 oz. Juice 8 oz. Milk	
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Week 4 FEB 20-23	NO SCHOOL	4oz. Dry Cereal 1.5oz. Granola Bar 1/2 cup Fruit 8 oz. Juice 8 oz. Milk	1.5 oz. Biscuit 1 oz. Turkey Sausage 1/2 cup Fruit 8 oz. Juice 8 oz. Milk	1 oz. Pancake 1oz. Turkey Sausage 1/2 cup Fruit 8 oz. Juice 8 oz. Milk	4oz. Dry Cereal 1.5oz. Granola Bar 1/2 cup Fruit 8 oz. Juice 8 oz. Milk	
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Week 5 FEB 26- MAR 2	4 oz. Oatmeal 1.5 oz. Biscuits Jelly 1/2 cup Fruit 8 oz. Juice 8 oz. Milk	Egg & Cheese Biscuit 1.5 oz. Egg/1.5 oz. Biscuit 1 oz. Potato Patty 1/2 cup Fruit 8 oz. Juice 8 oz. Milk	4oz. Dry Cereal 1.5oz. Granola Bar 1/2 cup Fruit 8 oz. Juice 8 oz. Milk	1oz. French Toast 1oz. Turkey Sausage 1/2 cup Fruit 8 oz. Juice 8 oz. Milk	1.5 oz. Biscuit 1 oz. Turkey Sausage 1/2 cup Fruit 8 oz. Juice 8 oz. Milk	