



BREAKFAST

FEBRUARY 2019 Pre-K – 8th Child Nutrition Program

BIC MENU

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>4 Maple Pancakes With Syrup 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit Milk</p>	<p>5 Yogurt 4 oz. with Granola 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit Milk</p>	<p>6 Egg Cheese & Omelet Wrap 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit Milk</p>	<p>7 French Toast Sticks With Syrup 1/2 cup 100% Fruit Juice 1/2 cup Fruit Cup Milk</p>	<p>1 Assorted Cold Cereal 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit Milk</p>
<p>11 Cream Cheese Filled Bagel Roll 1/2 cup 100% Fruit Juice 1/2 cup Fruit Cup Milk</p>	<p>12 Cinnamon Waffles With Syrup 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit Milk</p>	<p>13 Biscuit and Sausage 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit Milk</p>	<p>14 Pop-tart with Cheese Stick 1/2 cup 100% Fruit Juice 1/2 cup Fruit Cup Milk</p>	<p>8 Assorted Cold Cereal 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit Milk</p>
 <p>19 Maple Pancakes With Syrup 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit Milk</p>	<p>20 Apple Turkey Sausage Pancake Breakfast Stick 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit Milk</p>	<p>21 Cream Cheese Filled Bagel Roll 1/2 cup 100% Fruit Juice 1/2 cup Fruit Cup Milk</p>	<p>15 Assorted Cold Cereal 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit Milk</p>	<p>22 Assorted Cold Cereal 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit Milk</p>
<p>25 Yogurt 4 oz. with Granola 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit Milk</p>	<p>26 Cinnamon Waffles With Syrup 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit Milk</p>	<p>27 Blueberry Biscuit 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit Milk</p>	<p>28 Cream Cheese Filled Bagel Roll 1/2 cup 100% Fruit Juice 1/2 cup Fruit Cup Milk</p>	

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(1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;

(2) fax: (202) 690-7442; or

(3) email: program.intake@usda.gov.
This institution is an equal opportunity provider.

Two-½ cup fruit options will be offered daily. Milk is served with every meal. Choose 1% White Milk or Fat Free White Milk. Student must take a fruit and/or juice. ALL GRAIN PRODUCTS ARE WHOLE GRAIN AND MEET THE GRAIN OUNCE EQUIVALENCY ALL FOOD ITEMS MEET USDA CACFP AND CNP: NSLP/SBP REQUIREMENTS