

BREAKFAST

Grades K - 8

February 2012



Sunflower Seeds offered every Monday and Friday
 We are striving to serve more products that are lower in fat and have higher grain/fiber contents.
 Choice of Milk Daily - 1% Fat, Non-Fat White Milk
 *These items contain pork. **These items may contain pork.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>Breakfast Prices</u> <i>(includes milk)</i></p> <p>Paid \$1.00 Reduced .30 Adult 1.50 Milk .30</p>		100% Juice / Chilled Fruit Cup Pancake Sausage* Stick or Choice of Cereal Cheddar Cheese 1	Fresh Fruit / Chilled Fruit Cup Cheese Hot Pocket or Choice of Cereal Honey Sunflower Seeds 2	100% Juice / Chilled Fruit Cup Personal Pan Size Sausage Pizza* or Choice of Cereal Whole Grain Graham Cracker 3
100% Juice / Chilled Fruit Cup Choice of Cereal & Warm Cinnamon Bun 6	Fresh Fruit / Chilled Fruit Cup Texas Cinnamon Toast or Choice of Cereal Keebler Elf Graham 7	100% Juice / Chilled Fruit Cup Pancake Stack or Choice of Cereal String Cheese 8	Fresh Fruit / Chilled Fruit Cup Beef Sausage Breakfast Sandwich or Choice of Cereal Whole Grain Bear Graham 9	100% Juice / Chilled Fruit Cup Turkey Sausage Pizza or Choice of Cereal Whole Grain Graham Cracker 10
 Lincoln 13	Fresh Fruit / Chilled Fruit Cup Choice of Cereal & Trix Yogurt  14	100% Juice / Chilled Fruit Cup Waffle & Sausage Patty* or Choice of Cereal Cheddar Cheese 15	Fresh Fruit / Chilled Fruit Cup Mini Cheeseburger or Choice of Cereal Honey Sunflower Seeds 16	100% Juice / Chilled Fruit Cup Breakfast Cheese Bagel or Choice of Cereal Whole Grain Graham Cracker 17
 Washington 20	Fresh Fruit / Chilled Fruit Cup Choice of Cereal & Warm Cinnamon Bun 21	100% Juice / Chilled Fruit Cup Morning Chocolate Muffin or Choice of Cereal String Cheese 22	Fresh Fruit / Chilled Fruit Cup Chick'n Bundle Sandwich or Choice of Cereal Whole Grain Bear Graham 23	100% Juice / Chilled Fruit Cup Pancake Stack or Choice of Cereal Whole Grain Graham Cracker 24
100% Juice / Chilled Fruit Cup Choice of Cereal & Trix Yogurt 27	Fresh Fruit / Chilled Fruit Cup Turkey Sausage Pizza or Choice of Cereal Whole Grain Graham Cracker 28	100% Juice / Chilled Fruit Cup Pancake Sausage* Stick or Choice of Cereal Cheddar Cheese 29		

10 Ways to Be Bright and Eat Right!!!

Choose plenty of vegetables, like broccoli, celery, spinach, and carrots.

Have fresh fruits every day - apples, berries, oranges, bananas, and more!

Enjoy low-fat milk, yogurt, and cheese. Milk products give you strong bones!

Build muscle with protein foods like turkey, chicken, fish, eggs, nuts, and beans.

Give your body the energy it needs by eating whole-grain bread, cereal, and rice. Eat from all the food groups every day.

Try new kinds of healthy foods whenever you can. You might discover a new favorite food!

Drink water or low-fat milk instead of soda pop.

Avoid foods high in fat, sugar, and salt, like candy, cookies, and potato chips. **Eat school lunch. It's a balanced meal and tastes great!**

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BREAKFAST SCHEDULE:		Breakfast	
	1st Breakfast	2nd Breakfast	
Arbolita	8:00 - 8:30 a.m.	9:00 - 9:30 a.m.	Las Positas 7:40 - 8:05 a.m.
El Cerrito	7:30 - 8:00 a.m.	8:45 - 9:00 a.m.	Sierra Vista 7:45 - 8:15 a.m.
Ladera Palma	7:45 - 8:10 a.m.	8:55 - 9:10 a.m.	Walnut 7:25 - 7:55 a.m.
Las Lomas	7:45 - 8:20 a.m.	9:00 - 9:20 a.m.	Imperial 8:20 - 8:50 a.m.
			Washington 8:20 - 8:50 a.m.



Daily menu selections are subject to substitution by items of equal nutritional value as required.