

Artificial  
Ingredients,  
Additives,  
Preservatives

High Fructose  
Corn Syrup

Fried Foods  
Mystery Meats


ALWAYS fresh  
NEVER frozen

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4-Star Schod  
Lunch Provider!



Feb. 2019. Greenbay. Breakfast



<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
		<b>Happy Valentine's Day!</b>		No School <sup>1</sup>
Whole Grain Breakfast Bar <sup>4</sup> Fruit- 1/2 cup Milk- 1 cup	Pancakes w. Syrup (2 each) <sup>5</sup> Fruit- 1/2 cup Milk-1 cup	Whole Grain Cheerios Cereal Bowl <sup>6</sup> Fruit- 1/2 cup Milk-1 cup	French Toast w. Syrup <sup>7</sup> Fruit- 1/2 cup Milk- 1 cup	Whole Grain Breakfast Bar <sup>8</sup> Fruit- 1/2 cup Milk- 1 cup
Whole Grain Cereal Bowl <sup>11</sup> Fruit- 1/2 cup Milk- 1 cup	Waffles w. Syrup (2 each) <sup>12</sup> Fruit- 1/2 cup Milk-1 cup	Whole Grain Fruit & Strawberry Bar <sup>13</sup> Fruit- 1/2 cup Milk-1 cup	English Muffin w. Jelly <sup>14</sup> Fruit- 1/2 cup Milk- 1 cup	No School <sup>15</sup>
No School <sup>18</sup>	Whole Grain Cereal Bowl <sup>19</sup> Fruit- 1/2 cup Milk- 1 cup	Whole Grain Fruit & Apple Bar <sup>20</sup> Fruit- 1/2 cup Milk-1 cup	Biscuit w. Jelly <sup>21</sup> Fruit- 1/2 cup Milk- 1 cup	Bagel & Cream Cheese <sup>22</sup> Fruit- 1/2 cup Milk- 1 cup
Whole Grain Cereal Bowl <sup>25</sup> Fruit- 1/2 cup Milk- 1 cup	Waffles w. Syrup (2 each) <sup>26</sup> Fruit- 1/2 cup Milk-1 cup	Whole Grain Breakfast Bar <sup>27</sup> Fruit- 1/2 cup Milk-1 cup	Whole Grain Cheerios Cereal Bowl <sup>28</sup> Fruit- 1/2 cup Milk- 1 cup	

**Please Note:**  
~100% Fruit Juice IS considered a Fruit component ☺

**Did You Know:**

**APPLES** are among the most popular fruits in the world!

They are high in fiber, vitamin C, and various antioxidants.

**Red Delicious**



**Granny Smith**



**Gala**

