



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



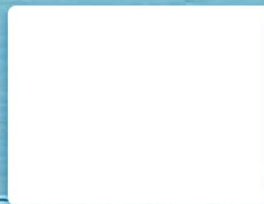
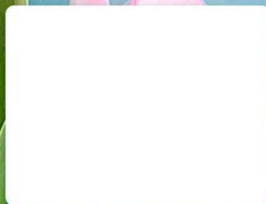
Monday

Tuesday

Wednesday

Thursday

Friday



Assorted Breakfast Sandwiches **1**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Assorted Cereal w/ ½ bagel Or Bagel w/ Cream Cheese 100% Juice Fresh /Canned Fruit Low Fat/Fat Free Milk **4**

French Toast Sticks Sausage 100% Juice Fresh /Canned Fruit Low Fat/Fat Free Milk **5**

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

4 oz. NY Yogurt w/ Muffin 100% Juice Fresh /Canned Fruit NY Low Fat/Fat Free Milk **7**

Assorted Breakfast Sandwiches 100% Juice Fresh /Canned Fruit Low Fat/Fat Free Milk **8**

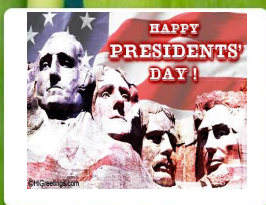
Assorted Cereal w/ ½ bagel Or Bagel w/ Cream Cheese 100% Juice Fresh /Canned Fruit Low Fat/Fat Free Milk **11**

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


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

Breakfast on a Stick 100% Juice Fresh /Canned Fruit Low Fat/Fat Free Milk **14**

Assorted Breakfast Sandwiches 100% Juice Fresh /Canned Fruit Low Fat/Fat Free Milk **15**



No School Presidents' Day Recess **19**

Read a book! **20**


Go for a walk! **21**

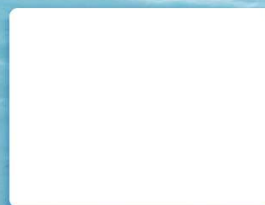

 **22**

Assorted Cereal w/ ½ bagel Or Bagel w/ Cream Cheese 100% Juice Fresh /Canned Fruit Low Fat/Fat Free Milk **25**

Breakfast on a stick 100% Juice Fresh /Canned Fruit Low Fat/Fat Free Milk **26**

Omelet w/½ Bagel 100% Juice Fresh /Canned Fruit Low Fat/Fat Free Milk **27**

Pancakes w/NY Blueberries 100% Juice Fresh /Canned Fruit NY Low Fat/Fat Free Milk **28**



Announcements

Choices Available Daily:

- Assorted Cereal
- Assorted Cereal w/1/2 bagel
- Bagel w/ Cream Cheese

Milk Choices:

- 1% White, Skim White
- Skim Chocolate, Skim Strawberry (when available)

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Meal Prices

- Breakfast K-5 \$1.10
- Breakfast 6-12 \$1.25
- Lunch K-5 \$2.25
- Lunch 6-12 \$2.35
- Reduced .25

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Menu subject to change without notice.