

FEBRUARY 2019

BREAKFAST

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

DID YOU KNOW...

THE ROMAN MONTH FEBRUARIUS WAS NAMED AFTER THE LATIN TERM FEBRUUM, WHICH MEANS PURIFICATION, VIA THE PURIFICATION RITUAL FEBRUA HELD ON FEBRUARY 15 (FULL MOON) IN THE OLD LUNAR ROMAN CALENDAR.

1
Apple Bosco
Fruit
Milk

4
Hot Cereal
Fruit
Milk

5
French Toast
Sticks
Sausage
Links
Fruit
Milk

6
Assorted
Yogurt
WG Muffin
Fruit
Milk

7
Stuffed
Bagel
Fruit
Milk

8
Breakfast
Sandwich
Fruit
Milk

11
Breakfast
Pizza
Fruit
Milk

12
WG Biscuit
w/
Sausage
Gravy
Fruit
Milk

13
Assorted
Cold Cereal
Fruit
Milk

14
Scrambled
Eggs
WG Toast
Fruit
Milk

15
WG Cinnamon
Roll
Fruit
Milk

18
Hot Cereal
Fruit
Milk

19
Breakfast
Burrito
Fruit
Milk

20
Yogurt
Parfait
WG Muffin
Fruit
Milk

21
Cheese
Omelet
WG Toast
Fruit
Milk

22
NO
SCHOOL

25
WG Biscuit
w/
Sausage
Gravy
Fruit
Milk

26
Breakfast
Bar
Fruit
Milk

27
Pancake on a
Stick
Fruit
Milk

28
Egg and
Cheese
Biscuit
Fruit
Milk

*Menu subject to
change without
notice

February is....

American Heart Month
Black History Month
Canned Food Month
National Cherry Month
National Grapefruit
Month

Cabbage

Cabbage is an
excellent source
of vitamin K,
which is important
for maintaining
healthy bones and
a sharp mind.

Did You Know?

Cabbage is one of
the oldest
vegetables known
to humans.

WG= Whole Grain