



Breakfast Menu – NSP Hot Option

February 2024

This institution is an equal opportunity provider.

Approved by Haley Havighurst, RDN

Serving Sizes are as follows:

K-8th Grade – Grain or Meat/MA 1.75oz, Fruit 1 cup, 1% or Fat Free Milk 8oz

9-12th Grade – Grain or Meat/MA 2oz, Fruit 1 cup, 1% or Fat Free Milk 8oz

Monday	Tuesday	Wednesday	Thursday	Friday
January 29 WG Frosted Flakes 100% Fruit Juice, Fruit Cup Goldfish Milk	January 30 Yogurt & Granola Fruit Milk	January 31 WG Banana Muffin Fruit Milk	February 1 WG Trix 100% Fruit Juice, Fruit Cup Cheez Its Milk	February 2 WG Pancake Fruit Milk
February 5 WG Apple Jacks 100% Juice Box, Fruit Cup Goldfish Milk	February 6 Yogurt & Granola Fruit Milk	February 7 WG Blueberry Muffin Fruit Milk	February 8 WG Cinnamon Toast Crunch 100% Fruit Juice, Fruit Cup Cheez-its Milk	February 9 WG Waffle Fruit Milk
February 12 WG Frosted Flakes 100% Fruit Juice, Fruit Cup Goldfish Milk	February 13 Yogurt & Granola Fruit Milk	February 14 WG Corn Muffin Fruit Milk	February 15 WG Trix 100% Fruit Juice, Fruit Cup Cheez-its Milk	February 16 WG French Toast Fruit Milk
February 19 WG Apple Jacks 100% Fruit Juice, Fruit Cup Goldfish Milk	February 20 WG Apple Cinnamon Muffin Fruit Milk <i>National Muffin Day!</i>	February 21 Yogurt & Granola Fruit Milk	February 22 WG Cinnamon Toast Crunch 100% Fruit Juice, Fruit Cup Cheez Its Milk	February 23 WG Waffle Fruit Milk
February 26 WG Frosted Flakes 100% Fruit Juice, Fruit Cup Goldfish Milk	February 27 Yogurt & Granola Fruit Milk	February 28 WG Banana Muffin Fruit Milk	February 29 WG Trix 100% Fruit Juice, Fruit Cup Cheez Its Milk	March 1 WG Pancake Fruit Milk

WG = Whole Grain

Fruit options vary when in season, viable options are as follows: Apples, Applesauce, Flavored Applesauce, Banana, Diced Pears, Diced Peaches, Pineapple, Oranges, Pears, Cantaloupe, Honeydew, Strawberries, Fruit Cocktail, Peaches, Mandarin Oranges, Mangos