

# Menu

# Elementary Breakfast February 2010

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1  -Egg Patty Muffin or Assorted Kellogg's Cereals</p> <p>Grits-  Nutriday Yogurt Assorted 100% Fruit Juice Fresh Fruit Choice: Apple or Orange- </p>	<p>2  Strawberry Pancakes or Assorted Kellogg's Cereals</p> <p> Beef Sausage Patty Homemade Smart Bar Assorted 100% Fruit Juice Fresh Fruit Choice: Pear or Apple</p>	<p>3 Yogurt w/ Homemade Granola or Assorted Kellogg's Cereals</p> <p>Scrambled Eggs Kellogg's Blueberry Pop Tart Assorted 100% Fruit Juice Fresh Fruit Choice: Banana or Orange</p>	<p>4  Oatmeal w/ Peaches or Assorted Kellogg's Cereals</p> <p>Turkey Sausage Link Gourmet Muffin Assorted 100% Fruit Juice Fresh Fruit Choice: Orange or Pear</p>	<p>5 Italian Skillet w/ Toast or Assorted Kellogg's Cereals</p> <p> Cheese Square  *Ultimate Breakfast Round Assorted 100% Fruit Juice Fresh Fruit Choice: Apple or Banana</p>
<p>8  Aunt Jemima Whole Grain Pancakes or Assorted Kellogg's Cereals</p> <p>Turkey Ham Slice Mini-Bagel w/ Peanut Butter Assorted 100% Fruit Juice Fresh Fruit Choice: Apple or Orange</p>	<p>9 Cheese Omelet w/ Toast or Assorted Kellogg's Cereals</p> <p> Nutriday Yogurt Homemade Smart Bar Assorted 100% Fruit Juice Fresh Fruit Choice: Pear or Apple</p>	<p>10  Cinnamon Raisin Oatmeal- Or Assorted Kellogg's Cereals</p> <p> Beef Sausage Patty- Cheese Square Assorted 100% Fruit Juice Fresh Fruit Choice: Banana or Orange- </p>	<p>11 <b>No Classes</b> <b>Staff Development Day</b></p> 	<p>12 <b>No Classes</b> <b>Lincoln's Birthday</b></p> 
<p>15 <b>No Classes</b> <b>Presidents' Day</b></p> 	<p>16  Mrs. Butterworth's Waffles or Assorted Kellogg's Cereals</p> <p>Turkey Sausage Link Kellogg's Strawberry Pop Tart Assorted 100% Fruit Juice Fresh Fruit Choice: Pear or Apple</p>	<p>17  Fruit &amp; Yogurt Parfait or Assorted Kellogg's Cereals</p> <p>Scrambled Eggs Gourmet Muffin Assorted 100% Fruit Juice Fresh Fruit Choice: Banana or Orange</p>	<p>18 French Toast Bake or Assorted Kellogg's Cereals</p> <p>Beef Sausage Patty Grits Assorted 100% Fruit Juice Fresh Fruit Choice: Orange or Pear</p>	<p>19  -Denver Skillet or Assorted Kellogg's Cereals</p> <p> Toast w/ Jelly-  *Ultimate Breakfast Round Assorted 100% Fruit Juice Fresh Fruit Choice: Apple or Banana- </p>
<p>22 Country Chicken Breakfast Sandwich or Assorted Kellogg's Cereals</p> <p> Nutriday Yogurt Homemade Smart Bar Assorted 100% Fruit Juice Fresh Fruit Choice: Apple or Orange</p>	<p>23 Veggie Skillet w/ Toast or Assorted Kellogg's Cereals</p> <p>Turkey Sausage Link *Cinnamon Breakfast Square Assorted 100% Fruit Juice Fresh Fruit Choice: Pear or Apple</p>	<p>24  Oatmeal w/ Peaches- or Assorted Kellogg's Cereals</p> <p> Beef Sausage Patty- Kellogg's Blueberry Pop Tart Assorted 100% Fruit Juice Fresh Fruit Choice: Banana or Orange- </p>	<p>25  Aunt Jemima Whole Grain Pancakes or Assorted Kellogg's Cereals</p> <p>Scrambled Eggs *Granola Bar Assorted 100% Fruit Juice Fresh Fruit Choice: Orange or Pear </p> <p><b>National Pancake Week</b></p>	<p>26 Cheesy Grits or Assorted Kellogg's Cereals</p> <p>Turkey Ham Slice Mini-Bagel w/ *Peanut Butter Assorted 100% Fruit Juice Fresh Fruit Choice: Apple or Banana</p>
<p><u>Weekly Nutrient Analysis:</u> February 1-5 February 8-12 February 15-19 February 22-26</p> <p><b>Celebrate National Black History Month</b></p>	<p>Calories 555 Total Fat (g) 14 Saturated Fat (g) 5 Sodium (mg) 608 Carbohydrates (g) 89 Protein (g) 20 Vitamin A (IU) 978 Vitamin C (mg) 14 Calcium (mg) 425 Iron (mg) 4</p>	<p>Calories 566 Total Fat (g) 18 Saturated Fat (g) 6 Sodium (mg) 734 Carbohydrates (g) 82 Protein (g) 21 Vitamin A (IU) 972 Vitamin C (mg) 14 Calcium (mg) 389 Iron (mg) 3</p>	<p>Calories 559 Total Fat (g) 13 Saturated Fat (g) 5 Sodium (mg) 693 Carbohydrates (g) 92 Protein (g) 19 Vitamin A (IU) 1000 Vitamin C (mg) 15 Calcium (mg) 359 Iron (mg) 5</p>	<p>Calories 559 Total Fat (g) 15 Saturated Fat (g) 5 Sodium (mg) 661 Carbohydrates (g) 87 Protein (g) 21 Vitamin A (IU) 1003 Vitamin C (mg) 15 Calcium (mg) 370 Iron (mg) 4</p>

**Sides Offered Daily: Fresh Fruit and Milk. Students must take an entrée, 1 to 2 sides, and may take a milk.**

All Balanced Choices Meals include Milk. Students must take a minimum of 3 and a maximum of 4 items. \*This product may contain peanuts. Items marked with a indicate a whole grain item. Items marked with indicate frozen, local produce.

### Good for Kids; Good for Parents!

For parents with busy morning schedules, it's sometimes difficult to ensure that kids are eating a healthy breakfast before they head off to school. Children often aren't ready to eat right after waking up, and it can be challenging to find nutritious breakfast foods they like. Some kids refuse breakfast at home and discover that they're hungry when they arrive at school. Chartwells provides a great option for parents. As you may know, a great breakfast is offered for all students at school. Studies have proven that kids who eat breakfast achieve higher academic scores, are more alert in class, visit the school nurse less often, and are better behaved in school. If morning meals are difficult for your family, let Chartwells help you out!

Source: [www.fns.usad.gov](http://www.fns.usad.gov)

