

February 2018

BONIFAY K - 8

BREAKFAST



**SERVED DAILY: MILK AND FRUIT.
CONDIMENTS AS NEEDED.**



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

Tuesday

Wednesday

Thursday

Friday



Sausage Biscuit
Assorted Cereal

5

Pancake Pup
Pop Tart w/ Goldfish

6

Blueberry Waffles
Yogurt w/ Granola

7

Mini Pancakes
Assorted Cereal

1

Oats & Honey Bar
Pop Tart w/ Goldfish

2

Chicken Biscuit
Assorted Cereal

12

Yogurt w/ Granola
Pop Tart w/ Goldfish

13

Breakfast Pizza
Cinnamon Toast Crunch Bar
w/ Goldfish

14

French Toast Sticks
Assorted Cereal

15

Mini Cinnamon Roll
Pop Tart w/ Goldfish

16

NO SCHOOL

19

Mini Chocolate Chip
French Toast
Assorted Cereal

20

Muffins
Pop Tart w/ Goldfish

21

Mini Pancakes
Assorted Cereal

22

Oats & Honey Bar
Pop Tart w/ Goldfish

23

Sausage Biscuit
Assorted Cereal

26

Pancake Pup
Pop Tart w/ Goldfish

27

Blueberry Waffles
Yogurt w/ Granola

28

