

# February 2019

## BONIFAY K – 8

### BREAKFAST



**SERVED DAILY: MILK, FRUIT, ORANGE JUICE, AND 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



Blueberry Waffles  
Assorted Cereal

4

### Tuesday

Sausage Biscuit  
Assorted Pop Tart  
w/ Graham Cracker

5

### Wednesday

Muffins  
Assorted Cereal

6

### Thursday

Yogurt w/ Granola  
Assorted Pop Tart  
w/ Graham Cracker

7

### Friday

Cinnamon Roll  
Assorted Cereal

1

Breakfast Pizza  
Assorted Cereal

11

Breakfast Burrito  
Assorted Pop Tart  
w/ Graham Cracker

12

Pancake Pup  
Assorted Cereal

13

Dutch Waffle  
Assorted Pop Tart  
w/ Graham Cracker

14

Cinnamon Roll  
Assorted Cereal

15

NO SCHOOL

18

Chicken Croissant  
Assorted Pop Tart  
w/ Graham Cracker

19

Yogurt w/ Granola  
Assorted Pop Tart  
w/ Graham Cracker

20

Ham, Egg, Cheese Wrap  
Assorted Pop Tart  
w/ Graham Cracker

21

Cinnamon Roll  
Assorted Cereal

22

Mini Maple Pancakes  
Assorted Cereal

25

Biscuit & Gravy  
Assorted Pop Tart  
w/ Graham Cracker

26

Oats & Honey Bar  
Assorted Cereal

27

Breakfast Pizza  
Assorted Pop Tart  
w/ Graham Cracker

