

February 2018 STANLEY-BOYD ORIOLES

BREAKFAST



School Information: All meals are served with a choice of white skim, white 1%, and fat free chocolate milk. Students have the choice of the main entrée, or cold cereal. Students must take ½ cup of fruit with the meal. MENU IS SUBJECT TO CHANGE.



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. THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER. ON WEDNESDAY'S 6-12 EAT AT 8:00 IN THE HIGH SCHOOL.



Monday

Tuesday

Wednesday

Thursday

Friday



HAM AND EGG COMBO **1**
FRUITY NUTRIGRAIN BAR
SLICED PEARS
PINEAPPLE TIDBITS
CHOICE OF MILK

WARM BAGEL WITH CREAM CHEESE **2**
CHILLED FRUIT PUNCH
FRESH ORANGE SMILES
CHOICE OF MILK

WARM BANANA BREAD **5**
CHILLED ORANGE JUICE
FRUIT COCKTAIL MIX
CHOICE OF MILK

EGG AND SAUSAGE **6**
FRITATA WITH A WARM ENGLISH MUFFIN
STRAWBERRY CRAISINS
SLICED PEARS AND MILK

CHOICE OF MINI DONUTS **7**
AWESOME APPLESAUCE
SLICED PEACHES
CHOICE OF MILK

PANCAKE ON A STICK **8**
SYRUP CUP
CHILLED APPLE JUICE
MANDARIN ORANGES
CHOICE OF MILK

BACON SCRAMBLE **9**
BREAKFAST PIZZA
TROPICAL FRUIT MIX
PINEAPPLE TIDBITS
CHOICE OF MILK

EGG & SAUSAGE TAC-GO **12**
SLICED PEARS
MANDARIN ORANGES
CHOICE OF MILK

EGG & CHEESE **13**
BREAKFAST SANDWICH
CHILLED FRUIT PUNCH
SLICED PEACHES
CHOICE OF MILK

WARM CHERRY FRUDEL **14**
FRUIT SMOOTHIE 6-12
FRESH APPLE WEDGES
FRUIT COCKTAIL MIX
CHOICE OF MILK

SAUSAGE & CHEESE **15**
BREAKFAST BAGEL
PINEAPPLE TIDBITS
SLICED PEARS
CHOICE OF MILK

BLUEBERRY MINI **16**
WAFFLES WITH SYRUP CUP
CHILLED GRAPE JUICE
AWESOME APPLESAUCE
CHOICE OF MILK

WARM BANANA MUFFIN **19**
STRING CHEESE STICK
CHILLED APPLE JUICE
SLICED PEACHES
CHOICE OF MILK

SAUSAGE AND CHEESE **20**
BREAKFAST "BOAT"
FRUIT COCKTAIL MIX
PINEAPPLE TIDBITS
CHOICE OF MILK

GLAZED DONUT RING **21**
CHILLED ORANGE JUICE
TROPICAL FRUIT
CHOICE OF MILK

FRENCH TOAST STICKS **22**
SYRUP CUP
AWESOME APPLESAUCE
CHERRY CRAISINS
CHOICE OF MILK

EGG & CHEESE **23**
BREAKFAST WRAP
MANDARIN ORANGES
SLICED PEARS
CHOICE OF MILK

HAM AND CHEESE **26**
HOT POCKET
PINEAPPLE TIDBITS
AWESOME APPLESAUCE
CHOICE OF MILK

BREAKFAST "SLIDERS" **27**
MANDARIN ORANGES
CHILLED GRAPE JUICE
CHOICE OF MILK

STRAWBERRY CREAM **28**
CHEESE FILLED MINI BAGEL
FRUIT SMOOTHIE 9-12
SLICED PEARS
FRUIT COCKTAIL AND MILK

