

**FEBRUARY 2017
TONAWANDA CITY SCHOOLS
BREAKFAST MENU**

MONDAY

**February is
Heart Healthy
Month**



TUESDAY



**All grains are
whole grain rich**

WEDNESDAY

1

Select One

UBR Round
w/ Graham Cracker
Assorted WG Cereal

Side Choices

100% Juice Cup
Fruit Variety
Frosty Milk Selection

THURSDAY

2

Select One

Egg, Ham & Cheese
Breakfast Sandwich
Assorted WG Cereal

Side Choices

100% Juice Cup
Fruit Variety
Frosty Milk Selection

FRIDAY

3

Select One

Warm Fruit Strudel
Assorted WG Cereal
w/ Graham Cracker

Side Choices

100% Juice Cup
Fruit Variety
Frosty Milk Selection

6

Select One

Chocolate Chip Muffin
Assorted WG Cereal
w/ Graham Cracker

Side Choices

100% Juice Cup
Fruit Variety
Frosty Milk Selection

7

May Select One

French Toast Sticks
w/ Warm Syrup
Assorted WG Cereal

Side Choices

100% Juice Cup
Fruit Variety
Frosty Milk Selection

8

May Select One

Cinnamon Sticks
w/ Yogurt Cup
Assorted WG Cereal

Side Choices

100% Juice Cup
Fruit Variety
Frosty Milk Selection

9

Select One

Egg, Sausage &
Cheese Breakfast
Sandwich
Assorted WG Cereal

Side Choices

100% Juice Cup
Fruit Variety
Frosty Milk Selection

10

Select One

Frosted Cinnamon Roll
Assorted WG Cereal
w/ Graham Cracker

Side Choices

100% Juice Cup
Fruit Variety
Frosty Milk Selection

13

Select One

Blueberry Muffin
Assorted WG Cereal
w/ Graham Cracker

Side Choices

100% Juice Cup
Fruit Variety
Frosty Milk Selection

14

Select One

Mini Maple Pancakes
w/ Warm Syrup
Assorted WG Cereal

Side Choices

100% Juice Cup
Fruit Variety
Frosty Milk Selection

15

Select One

UBR Round
w/ Graham Cracker
Assorted WG Cereal

Side Choices

100% Juice Cup
Fruit Variety
Frosty Milk Selection

16

Select One

Egg, Ham & Cheese
Breakfast Sandwich
Assorted WG Cereal

Side Choices

100% Juice Cup
Fruit Variety
Frosty Milk Selection

17

Select One

Warm Fruit Strudel
Assorted WG Cereal
w/ Graham Cracker

Side Choices

100% Juice Cup
Fruit Variety
Frosty Milk Selection

20

21

22

23

24

Mid-Winter Recess

27

Select One

Chocolate Chip Muffin
Assorted WG Cereal
w/ Graham Cracker

Side Choices

100% Juice Cup
Fruit Variety
Frosty Milk Selection

28

Select One

Toasted WG Bagel
w/ Jelly
Assorted WG Cereal

Side Choices

100% Juice Cup
Fruit Variety
Frosty Milk Selection

**Whole Grain Bagels
Served Daily in HS &
MS**



**Breakfast - \$1.50
Milk - \$.50**



**A Reimbursable meal
consists of a
fruit/juice and two
other items**

**USDA and this
institution are equal
opportunity providers
and employers**



**Students may take
up to 1 cup of fruit:
Fresh, prepared or
juice**