

Achiever's Early College Prep Breakfast

February 1 - February 28

What's Cooking Today?

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Applesauce Cup-1/2 c. 100% Fruit Punch-4 oz. Whole Grain Honey Bun-1 Milk-8 oz.	2 Fresh Pear-1 W/G White Bagel with Cream Cheese-1 oz. Milk-8 oz.	3 Fresh Apple-1 W/G Frosted Flakes-1 oz. W/G Strawberry Wffle Grahams-2 Milk-8 oz.	4 Fresh Orange-1 W/G Honey Graham Toasters Crl-1 oz. W/G Banana Muffin-2 oz. Milk-8 oz.
7 Pineapple Cup-1/2 c. 100% Grape Juice-4 oz. W/G Rice Krispies-1 oz. W/G Graham Crackers-3 Milk-8 oz.	8 Fresh Red Apple-1 W/G Cinnamon Toasters Crl-1 oz. W/G Apple Muffin-2 oz. Milk-8 oz.	9 Fresh Orange-1 W/G Croissant with Margarine-2.2 oz. Milk-8 oz.	10 Fresh Pear-1 W/G Trix Cereal-1 oz. W/G Maple Waffle Grahams-2 Milk-8 oz.	11 Granny Smith Apple-1 W/G Strawberry Pop Tarts-2 Milk-8 oz.
14 Fresh Apple-1 W/G Honey Scooters-1 oz. W/G Strawberry Breakfast Bar-1 Milk-8 oz.	15 Fresh Pear-1 Whole Grain Honey Bun-1 Milk-8 oz.	16 Fresh Orange-1 W/G Cinnamon Raisin Bagel with Cream Cheese-1 oz. Milk-8 oz.	17 Fresh Apple-1 W/G Rice Krispies-1 oz. W/G Pineapple Muffin-2 oz. Milk-8 oz.	18 Fresh Orange-1 W/G Honey Graham Toasters Cereal-1 oz. W/G Vanilla Bear Grahams-2 Milk-8 oz.
21 NO SCHOOL	22 Fresh Apple-1 W/G Superdonut-2 oz. Milk-8 oz.	23 Mandarin Orange Cup-1/2 c. 100% Apple Juice-4 oz. W/G Croissant with Margarine-2.2 oz. Milk-8 oz.	24 Fresh Pear-1 W/G Blueberry Pop Tarts-2 Milk-8 oz.	25 Granny Smith Apple-1 W/G Toasted Oats Cereal-1 oz. W/G Raisin Bread with Margararine-1 Milk-8 oz.
28 Fresh Pear-1 W/G Frosted Flakes-1 oz. W/G Graham Crackers-3 Milk-8 oz.				