

BREAKFAST IN THE CLASSROOM for Winter Hill

February 2019

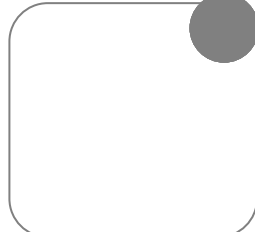
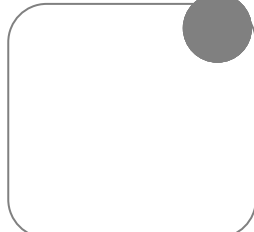
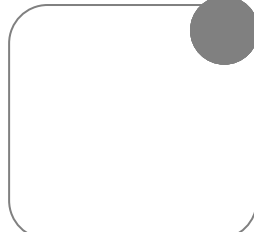
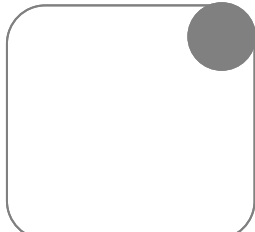
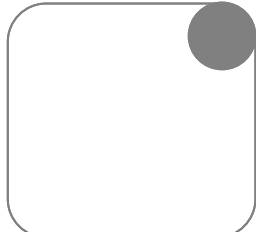
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



4

Muffin with
Graham Crackers

5

Cereal with
Graham Crackers

6

Wheat Bagel with
cream cheese

7

Egg and Cheese on
a Biscuit

8

Yogurt and
Granola

11

Assorted Breakfast
Breads

12

Bagelfuls

13

Breakfast Bar

14

Pancakes

15

Waffles

18

NO SCHOOL

19

NO SCHOOL

20

NO SCHOOL

21

NO SCHOOL

22

NO SCHOOL

25

Warm Cinnamon
Roll

26

Cereal with
Graham Crackers

27

Wheat Bagel with
cream cheese

28

Pancakes

1

Yogurt and
Granola

FUEL UP with BREAKFAST!

Eat your entire breakfast!

While a piece of fruit is rich in fiber, vitamins and minerals, it's not enough for breakfast. Many people have found that a grab-and-go breakfast, like an apple on the drive to school simply doesn't cut it. Sit down in the cafeteria and mindfully consume about 300 to 400 calories and you will feel more satisfied. By the time lunch approaches, those extra calories are no longer relevant and have likely kept you from a day of overeating.



Choices available every day:

Assorted low sugar cereals and grahams crackers (3), wheat bagels with low fat cream cheese. Fresh fruit and low-fat 1% or skim white milk daily.

Menu subject to change.