

# BREAKFAST MENU for all Pre-K to 8th grade schools, plus Brown and Capuano

**FEBRUARY 2019**

## MONDAY

Free breakfast  
is available for all  
students every

4

Oatmeal

11

Assorted Breakfast  
Breads

18

**NO SCHOOL**

25

Oatmeal

## TUESDAY

*"This institution is an  
equal opportunity  
employer."*

5

Wheat Pancakes  
with Strawberries

12

French Toast with  
Warm Apple Slices

19

**NO SCHOOL**

26

Wheat Waffles  
with Blueberries

## WEDNESDAY

6

Yogurt Parfait

13

Yogurt Parfait

20

**NO SCHOOL**

27

Yogurt Parfait

## THURSDAY

7

Egg and Cheese  
Sandwich

14

Scrambled Eggs  
Wheat Toast

21

**NO SCHOOL**

28

Egg and Cheese  
Sandwich

## FRIDAY

8

Wheat Waffles  
with Blueberries

15

Wheat Pancakes  
with Strawberries

22

**NO SCHOOL**

1

French Toast with  
Warm Apple Slices

## 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.