

# February 2019

## PANGBURN SCHOOL

### BREAKFAST



**School Information:** All grain foods are 50% whole grain to meet USDA regulations. USDA is an equal opportunity provider and employer! Milk with every meal!



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Cereal, Pop tart, Graham cracker, Cereal bar offered every day! Milk & juice provided with every meal!

**\*G-N-G - Grab and Go Breakfast**



### Monday



### Tuesday

### Wednesday

### Thursday

### Friday

1

NO SCHOOL!

Ham & cheese bar/toast **4**  
Raisins  
\*G-N-G  
Ham & cheese bar/gram cracker  
Raisins

Morning sausage roll **5**  
Fresh fruit  
\*G-N-G  
Morning sausage roll  
Fresh fruit

Breakfast pizza **6**  
Banana  
\*G-N-G  
Breakfast pizza  
Banana

Croissant w/egg & cheese **7**  
Diced pears  
\*G-N-G  
Croissant w/egg, ham, & cheese  
Fresh fruit

Pancake sausage on a stick **8**  
Diced peaches  
\*G-N-G  
Pancake sausage on a stick  
Fresh fruit

Sausage & biscuit **11**  
Raisins  
\*G-N-G  
Sausage, egg, & cheese biscuit  
Raisins

Dutch waffles **12**  
Diced pears  
\*G-N-G  
Dutch waffles  
Fresh fruit

Super bun **13**  
Apple sauce cups  
\*G-N-G  
Super bun  
Fresh fruit

Ultra chocolate loaf **14**  
Diced peaches  
\*G-N-G  
Ultra chocolate loaf  
Fresh fruit

Mini powdered donuts **15**  
Fresh fruit  
\*G-N-G  
Mini powdered donuts  
Fresh fruit

Oatmeal & Cinn.toast **18**  
Raisins  
\*G-N-G  
Mini chocolate donuts  
Fresh fruit

Blueberry muffin **19**  
Banana  
\*G-N-G  
Blueberry muffin  
Banana

Mini cream cheese bagel **20**  
Mixed fruit  
\*G-N-G  
Mini cream cheese bagel  
Fresh fruit

Twin pack sausage & biscuit **21**  
Diced peaches  
\*G-N-G  
Twin pack sausage & biscuit  
Fresh fruit

Pancakes w/syrup **22**  
Applesauce cup  
\*G-N-G  
Breakfast pizza  
Fresh fruit

Mini donuts raisins **25**  
\*G-N-G  
Mini Donuts  
Raisins

Eggs, sausage, & toast **26**  
Applesauce cup  
\*G-N-G  
Breakfast pizza  
Fresh fruit

French toast w/syrup **27**  
Mixed fruit  
\*G-N-G  
breakfast burrito  
Fresh fruit

Biscuit & gravy **28**  
Fresh fruit  
\*G-N-G  
Sausage, egg, & cheese biscuit  
Fresh fruit

