

FEBRUARY BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday	WeeklyNutrients
Breakfast includes: <i>Grains, Apple or Orange Juice, 1% White Milk or Fat Free Chocolate Milk</i>	<i>Breakfast provided by:</i> Getaway Café 3049 Sussex Ave @ McNeilly Rd 412-343-1333 Director of Dining Services: Louis Manolios			1 Fruit Loops Cereal, Graham Crackers Apple Juice Choice of Milk	Calories: 2550 Total Fat: 41 Carbs: 476 Protein: 80 Calcium:189 Iron: 131 Vitamin A: 92 Vitamin C: 925
3 Frosted Flakes Cereal, Graham Crackers Orange Juice Choice of Milk	4 Breakfast Bar, String Cheese, Apple Juice Choice of Milk	5 Apple Cinnamon Cheerios, Graham Crackers Orange Juice Choice of Milk	6 Breakfast Bar, Strawberry-Banana Yogurt, Apple Juice, Choice of Milk	7 Fruit Loops Cereal, Graham Crackers Apple Juice Choice of Milk	Calories: 2550 Total Fat: 41 Carbs: 476 Protein: 80 Calcium:189 Iron: 131 Vitamin A: 92 Vitamin C: 925
10 Frosted Flakes Cereal, Graham Crackers Orange Juice Choice of Milk	11 Breakfast Bar String Cheese, Apple Juice Choice of Milk	12 Apple Cinnamon Cheerios, Graham Crackers Orange Juice Choice of Milk	13 Breakfast Bar, Strawberry-Banana Yogurt, Apple Juice, Choice of Milk	14 Fruit Loops Cereal, Graham Crackers Apple Juice Choice of Milk	Calories: 2550 Total Fat: 41 Carbs: 476 Protein: 80 Calcium:189 Iron: 131 Vitamin A: 92 Vitamin C: 925
17 No School	18 Breakfast Bar String Cheese, Apple Juice Choice of Milk	19 Apple Cinnamon Cheerios, Graham Crackers Orange Juice Choice of Milk	20 Breakfast Bar, Strawberry-Banana Yogurt, Apple Juice, Choice of Milk	21 Fruit Loops Cereal, Graham Crackers Apple Juice Choice of Milk	Calories: 2550 Total Fat: 41 Carbs: 476 Protein: 80 Calcium:189 Iron: 131 Vitamin A: 92 Vitamin C: 925
24 Frosted Flakes Cereal, Graham Crackers Orange Juice Choice of Milk	25 Breakfast Bar String Cheese, Apple Juice Choice of Milk	26 Apple Cinnamon Cheerios, Graham Crackers Orange Juice Choice of Milk	27 Breakfast Bar, Strawberry-Banana Yogurt, Apple Juice, Choice of Milk	28 Fruit Loops Cereal, Graham Crackers Apple Juice Choice of Milk	Calories: 2550 Total Fat: 41 Carbs: 476 Protein: 80 Calcium:189 Iron: 131 Vitamin A: 92 Vitamin C: 925