

February 2017

Central - Jefferson

BREAKFAST

Menu Information: Juice, Fruit and Milk are offered with Breakfast all grains served at Breakfast are whole grain rich. (##) denotes carb count. **(Fresh Fruit/Vegetable Program) snack of the day. Encourage your child to try a new fruit/vegetable when offered.**



Nutrition Tip: Eating a healthy breakfast helps kids stay focused and ready to learn. Eating breakfast cuts down on behavior issues and fewer trips to the school nurse for headaches and tummy aches.
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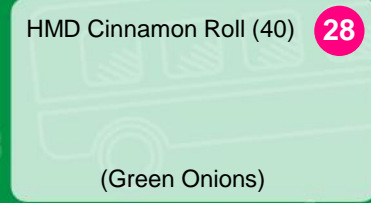
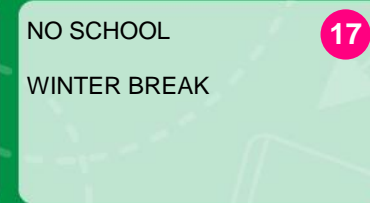
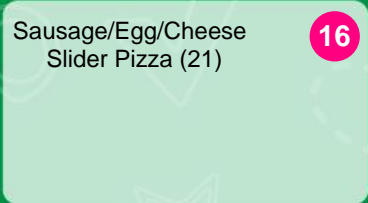
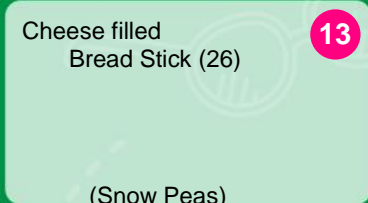
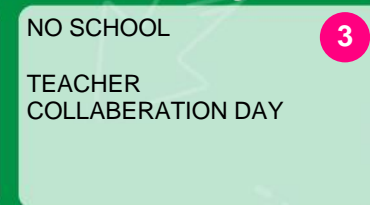
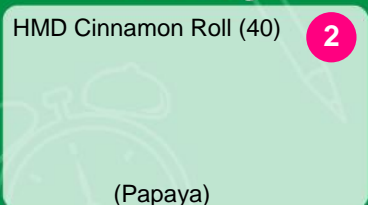
Monday

Tuesday

Wednesday

Thursday

Friday



Mini Pancakes (35)

6

Sausage/Cheese Biscuit(28)

7

(Limes)

Sausage Bites (14)

8

Mini French Toast (37)

15

(Oranges)

Breakfast Pizza (26)

9

(Spinach)

Long John (42)

10

Cheese filled Bread Stick (26)

13

(Snow Peas)

Ham & Egg Bar (8)
WG Blueberry Muffin (30)

14

Yogurt (19)
WG Muffin (26)

22

Sausage/Egg/Cheese Slider Pizza (21)

16

(Grapefruit)

NO SCHOOL

17

WINTER BREAK

Breakfast Pizza (26)

20

Sausage Bites (14)

21

(Red Peppers)

Bacon/Egg/Cheese Pizza Boat (25)

23

Stuffed Pretzel (24)

24

Apple filled Bread Stick (38)

27

HMD Cinnamon Roll (40)

28

(Green Onions)