February 2018

Central – Jefferson







Menu Information: Cold Cereal is available as an alternate breakfast choice daily. Juice, Fruit and Milk are offered with every Breakfast.



All grains served at Breakfast are whole grain rich. (##) denotes carb count

3	Monday	Tuesday	Wednesday	Thursday	Friday
				Egg Taco (15)	HMD Cinnamon Roll (41)
	Breakfast Pizza (26) 5	Cherry Strudel Stick(38) 6	Mini Pancakes (40) 7	Ham & Egg Bar (8)	Mini Strawberry Bagel (41) 9
	Sausage Bites (14)	Cinnamon Oatmeal Rounds (44)	Cheese filled Bread Stick (26)	Long John (42)	NO SCHOOL WINTER BREAK
	Bacon/Egg/Cheese Pizza Boat (25)	Mini French Toast (37) 20	Sausage/Cheese Biscuit Sandwich(28)	Breakfast Pizza (26)	HMD Cinnamon Roll (41) 23
	Mini Pancakes (40)	Long John (42)	Egg Taco (15)		9 91