

February 2018

Parkers Prairie Public Schools

BREAKFAST



Breakfast Milk Options: 1% or Skim
Lactose reduced milk provided on written request.



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

Tuesday

Wednesday

Thursday

Friday



Blank box for Monday breakfast menu.

Blank box for Tuesday breakfast menu.

Blank box for Wednesday breakfast menu.

Ham Patty
Scrambled Eggs
English Muffin
Pineapple Sauce
Apple Juice **1**

Mini Cinni Roll
Cheese Stick
Apple Sauce
Grape Juice **2**

Apple Frudel
Cheese Stick
Peach Sauce
Orange Juice **5**

Mini Bagel
Cheese Stick
Mixed Fruit
Apple Juice **6**

Sausage Links
Waffle
Pear Sauce
Grape Juice **7**

Breakfast Pizza
Apple Sauce
Orange Juice **8**

Breakfast Round
Cheese Stick
Pineapple Sauce
Apple **9**

Graham Cracker
Cheese Stick
Yogurt
Mixed Fruit
Apple Juice **12**

Blueberry Muffin
Cheese Stick
Peach Sauce
Grape Juice **13**

Cowboy Bread
Cheese Stick
Apple Sauce
Orange Juice **14**

Ham Patty
French Toast
Pear Sauce
Apple Juice **15**

Cheerio Cereal Bar
Carrot Graham
Orange Tangerine Juice **16**

NO SCHOOL **19**

NO SCHOOL **20**

Lucky Charms Cereal
Apple Cinnamon Graham
Apple Juice **21**

Breakfast Burrito
Mandarin Oranges
Grape Juice **22**

Cinnamon Roll
Cheese Stick
Pear Sauce
Apple **23**

Pancake & Sausage on
Stick
Peach Sauce
Apple Juice **26**

Assorted Muffins
Cheese Stick
Pineapple Sauce
Orange Juice **27**

Donut
Cheese Stick
Mixed Fruit
Grape Juice **28**

