



Feb2021: Breakfast



NUTRITION TIP: Practice stealth health—sneak veggies into favorite foods. Go light on the meat and top the pizza with vegetables like tomatoes, onions, mushrooms, bell peppers and artichoke hearts

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|---|--|---|--|--|-----|
| | 01 Breakfast Pizza fruit 1% Milk LF Chocolate Milk LF Chocolate Milk | 02 French Toast Fruit 1% Milk LF Chocolate Milk | 03 Bagel Sandwich Fruit 1% Milk LF Chocolate Milk | 04 Sausage Egg Biscuit Fruit 1% Milk LF Chocolate Milk | 05 Pancakes W/Syrup Fruit 1% Milk | |
| | 08 Breakfast Pizza fruit 1% Milk LF Chocolate Milk | 09 Scrambled eggs and bacon Fruit 1% Milk LF Chocolate Milk | 10 Breakfast Sandwich Fruit 1% Milk LF Chocolate Milk | 11 Breakfast burrito 1% Milk LF Chocolate Milk | 12 Oatmeal w fruit Fruit 1% Milk LF Chocolate Milk | |
| | 15 No School | 16 No School | 17 No School | 18 No School | 19 No School | |
| | 22 Breakfast Pizza fruit 1% Milk LF Chocolate Milk | 23 Scrambled eggs and bacon Fruit 1% Milk | 24 Bagel Sandwich Fruit 1% Milk LF Chocolate Milk | 25 Breakfast burrito Fruit 1% Milk LF Chocolate Milk | 26 Pancakes W/Syrup Fruit 1% Milk | |
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