

February

TCS BREAKFAST

2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
27	28	29	30	31	01	02
03 WG Cereal Bowl 30g Graham Cracker 11g Applesauce 17g Fruit Juice 20g	04 WG Cereal Bar 30g Graham Cracker 11g Applesauce 17g Fruit Juice 20g	05 WG Muffin 30g Cheez-it 14g Applesauce 17g Fruit Juice 20g	06 WG Cereal Bowl 30g Graham Cracker 11g Applesauce 17g Fruit Juice 20g	07 WG Cereal Bar 30g Graham Cracker 11g Applesauce 17g Fruit Juice 20g	08	09
10 WG Cereal Bowl 30g Graham Cracker 11g Applesauce 17g Fruit Juice 20g	11 WG Cereal Bar 30g Graham Cracker 11g Applesauce 17g Fruit Juice 20g	12 Donut 23g Applesauce 17g Fruit Juice 20g	13 WG Cereal Bowl 30g Graham Cracker 11g Applesauce 17g Fruit Juice 20g	14	15	16
17	18 WG Cereal Bar 30g Graham Cracker 11g Applesauce 17g Fruit Juice 20g	19 WG Muffin 30g Cheez-it 14g Applesauce 17g Fruit Juice 20g	20 WG Cereal Bowl 30g Graham Cracker 11g Applesauce 17g Fruit Juice 20g	21 WG Cereal Bar 30g Graham Cracker 11g Applesauce 17g Fruit Juice 20g	22	23
24 WG Cereal Bowl 30g Graham Cracker 11g Applesauce 17g Fruit Juice 20g	25 WG Cereal Bar 30g Graham Cracker 11g Applesauce 17g Fruit Juice 20g	26 Donut 23g Applesauce 17g Fruit Juice 20g	27 WG Cereal Bowl 30g Graham Cracker 11g Applesauce 17g Fruit Juice 20g	28 WG Cereal Bar 30g Graham Cracker 11g Applesauce 17g Fruit Juice 20g	01	02

Notes:

Menus are subject to change due to availability of food or unplanned school closings.

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

Contact: Melissa Bryant 614.747.0196

Carb grams indicated in **ORANGE**.

Milk offered with each meal: 1% Milk 12g or Fat Free Chocolate 24g.