



# February 2024 9-12 Breakfast Menu

<p><i>Per USDA Rule, 9-12 Student Option every day for additional serving of oatmeal bar (2wg), poptart (1.25wg), or fruit yogurt (1m)</i></p>	<p><i>Carbs listed for each item in blue font</i></p>		<p>1 Bagel &amp; CC (1m, 2wg) 27 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13</p>	<p>2 Choc Chip Muffin (2wg) 26 Choc Muffin Top (1wg) 27 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13</p>
<p>5 Berry Oatmeal Bar (2wg) 30 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13</p>	<p>6 Corn Muffin (2wg) 36 Apple Chips (1/2c) 10 Juice (1/2c) 14 Choc/White Milk (1c) 24/13</p>	<p>7 Cinnamon Bun (2wg) 34 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13</p>	<p>8 Banana Slice (2wg) 43 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13</p>	<p>9 Straw Pull Apart Bagel (2wg) 42 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13</p>
<p>12 Cereal Bar (1wg) 30 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13</p>	<p>13 Choc Chip Muffin (2wg) 26 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13</p>	<p>14 Cinnamon Bun (2wg) 34 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13</p>	<p>15 String Cheese &amp; Choc Muffin Top (1wg) 27 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13</p>	<p>16 Super Breakfast Ring (2wg) 29 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13</p>
<p>19 <b>President's Day</b></p>	<p>20 Corn Muffin (2wg) 36 Apple Chips (1/2c) 10 Juice (1/2c) 14 Choc/White Milk (1c) 24/13</p>	<p>21 Cinnamon Bun (2wg) 34 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13</p>	<p>22 Lemon Slice (2wg) 43 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13</p>	<p>23 Cinnamon Puff Pastry (2wg) 41 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13</p>
<p>26 Berry Oatmeal Bar (2wg) 30 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13</p>	<p>27 Super Breakfast Ring (2wg) 29 Craisins (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 24/13</p>	<p>28 Cinnamon Bun (2wg) 34 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13</p>	<p>29 Bagel &amp; CC (1m, 2wg) 27 Craisins (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 24/13</p>	<p><i>Carbs listed for each item in blue font</i></p>

NO PORK or PEANUTS SERVED AT ANY TIME MENU SUBJECT TO CHANGE

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