


Menu

AGC Breakfast February 2010

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|--|--|
| 1 Fruit, Yogurt & Granola Parfait or Assorted Cereals 1/2 Slice Carrot Raisin Manna Bread w/ Jelly Fresh Fruit 1%, Skim or Soy Milk | 2 Cheese Frittata w/ Toast or Assorted Cereals Turkey Bacon Fresh Fruit 1%, Skim or Soy Milk | 3 Oatmeal w/ Peaches or Assorted Cereals Yogurt Fresh Fruit 1%, Skim or Soy Milk | 4 Homemade Pancakes w/ Syrup or Assorted Cereals Breakfast Patty Fresh Fruit 1%, Skim or Soy Milk | 5 Banana Walnut Manna Bread w/ Jelly or Assorted Cereals Scrambled Eggs Fresh Fruit 1%, Skim or Soy Milk |
| 8 Oatmeal w/ Bananas or Assorted Cereals Turkey Bacon Fresh Fruit 1%, Skim or Soy Milk | 9 Veggie Skillet or Assorted Cereals Toast w/ Jelly Fresh Fruit 1%, Skim or Soy Milk | 10 Homemade French Toast Sticks w/ Syrup or Assorted Cereals Breakfast Patty Fresh Fruit 1%, Skim or Soy Milk | 11 No Classes Staff Development Day  | 12 No Classes Lincoln's Birthday  <i>Lincoln</i> |
| 15 No Classes Presidents' Day  | 16 Carrot Raisin Manna Bread w/ Jelly or Assorted Cereals Scrambled Eggs Fresh Fruit 1%, Skim or Soy Milk | 17 Fruit, Yogurt & Granola Parfait or Assorted Cereals Toast Fresh Fruit 1%, Skim or Soy Milk | 18 Egg & Cheese Muffin or Assorted Cereals Turkey Bacon Fresh Fruit 1%, Skim or Soy Milk | 19 Homemade Pancakes w/ Syrup or Assorted Cereals Breakfast Patty Fresh Fruit 1%, Skim or Soy Milk |
| 22 Cinnamon Raisin Oatmeal or Assorted Cereals Yogurt Fresh Fruit 1%, Skim or Soy Milk | 23 Cheesy Eggs or Assorted Cereals Homemade Granola Fresh Fruit 1%, Skim or Soy Milk | 24 Homemade Oatmeal Pancakes w/ Syrup or Assorted Cereals Breakfast Patty Fresh Fruit 1%, Skim or Soy Milk National Pancake Week  | 25 Veggie Skillet or Assorted Cereals Toast Fresh Fruit 1%, Skim or Soy Milk | 26 Homemade French Toast w/ Syrup or Assorted Cereals Turkey Bacon Fresh Fruit 1%, Skim or Soy Milk |
| Weekly Nutrient Analysis: <i>February 1-5</i> <i>February 8-12</i> <i>February 15-19</i> <i>February 22-26</i> Celebrate National Black History Month | Calories 492 Total Fat (g) 19 Saturated Fat (g) 1 Sodium (mg) 383 Carbohydrates (g) 83 Protein (g) 22 Vitamin A (IU) 861 Vitamin C (mg) 40 Calcium (mg) 467 Iron (mg) 3 | Calories 489 Total Fat (g) 10 Saturated Fat (g) 2 Sodium (mg) 439 Carbohydrates (g) 77 Protein (g) 24 Vitamin A (IU) 928 Vitamin C (mg) 36 Calcium (mg) 368 Iron (mg) 4 | Calories 491 Total Fat (g) 10 Saturated Fat (g) 2 Sodium (mg) 501 Carbohydrates (g) 80 Protein (g) 23 Vitamin A (IU) 936 Vitamin C (mg) 36 Calcium (mg) 437 Iron (mg) 3 | Calories 484 Total Fat (g) 11 Saturated Fat (g) 2 Sodium (mg) 391 Carbohydrates (g) 76 Protein (g) 22 Vitamin A (IU) 936 Vitamin C (mg) 31 Calcium (mg) 417 Iron (mg) 3 |

Students must take an entrée, 1 to 2 sides, and may take a milk.
Students must take a minimum of 3 and a maximum of 4 items. 4th item must be a milk. *This product may contain peanuts.

Good for Kids; Good for Parents!

For parents with busy morning schedules, it's sometimes difficult to ensure that kids are eating a healthy breakfast before they head off to school. Children often aren't ready to eat right after waking up, and it can be challenging to find nutritious breakfast foods they like. Some kids refuse breakfast at home and discover that they're hungry when they arrive at school. Chartwells provides a great option for parents. As you may know, a great breakfast is offered for all students at school. Studies have proven that kids who eat breakfast achieve higher academic scores, are more alert in class, visit the school nurse less often, and are better behaved in school. If morning meals are difficult for your family, let Chartwells help you out!

Source: www.fns.usad.gov

