



## Canal Winchester Local Schools February Breakfast Menu

Student lunch \$1.30 Reduced price \$0.30

Milk choices include: skim white, skim chocolate milk or 1% white milk

Monday	Tuesday	Wednesday	Thursday	Friday
Low Fat Strawberry Yogurt or Cereal Choice Served With Granola Sliced Peaches Milk	Egg & Cheddar on a Whole Wheat English Muffin Or Cereal Choice Served With Fresh Banana Milk	1 Pipen Hot Oatmeal or Cereal Choice Served With Warm Baked Apples Milk	2 Whole Grain Reduced Fat Banana Nut Muffin or Cereal Choice Hard Boiled Egg Grapes Milk	3 Reduced Sugar Cinnamon Toast Crunch Graham Cracker or Cereal Choice Served With Orange Wedges Milk
6  No School	7 Whole Grain Reduced Fat Blueberry Loaf Or Cereal Choice Served With Graham Crackers Fresh Locally Grown Apple Milk	8 Western Scrambled Eggs Or Cereal Choice Served With Whole Wheat Toast Hashbrown Potatoes Milk	9 Whole Wheat Bagel Or Cereal Choice Served With Low-Fat Cream Cheese Orange Slices Milk	10 Bite Size Frosted Mini Wheats Low-Fat String Cheese Or Cereal Choice Served With 100% Orange Juice Milk
13 Whole Grain Reduced Fat Blueberry Loaf Or Cereal Choice Served With Low Fat String Cheese Fresh Pear Milk	14 Egg & Cheddar on a Whole Wheat Bagel Or Cereal Choice Served With Orange Juice Milk	15 Mini Maple Pancakes Or Cereal Choice Served With Warm Fruit Topping Fresh Banana Milk	16 Fresh Baked Breakfast Round Or Cereal Choice Served With Applesauce Milk	17 Reduced Sugar Trix Graham Cracker Or Cereal Choice Served With Chilled Orange Juice Milk
20  No School	21 Whole Grain Breakfast Burrito Or Cereal Choice Served With Fresh Locally Grown Apple Milk	22 Mini Blueberry Pancakes Or Cereal Choice Served With Grape Juice Milk	23 Cheesy Eggs Served With Whole Wheat Bagel Half with Promise Spread Or Cereal Choice Fresh Orange Slices Milk	24 Reduced Sugar Cinnamon Toast Crunch Low-Fat String Cheese Or Cereal Choice Served With Fresh Cantaloupe Milk
27 Cinnamon Snack Waffles Or Cereal Choice Served With Low Fat String Cheese Fresh Pear Milk	28 Egg & Cheddar on a Whole Wheat Bagel Or Cereal Choice Served With Orange Juice Milk	29 Mini Blueberry Pancakes Served With Or Cereal Choice Warm Fruit Topping Fresh Banana Milk		

**AVAILABLE DAILY A CERFAL CHOICE**

Assortment of high fiber, low sugar cold cereals:  
Reduced Sugar Cinnamon Toast Crunch, Reduced Sugar Trix, Bite Size Frosted Mini Wheats,  
All cereals served with your choice of:  
Graham Cracker or String Cheese  
Fruit or Juice  
Milk



Go to [MyPyramid.gov](http://MyPyramid.gov) for online personal wellness resources for you and your family.

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