



Canal Winchester Local Schools ITES 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
		1 Pipen Hot Oatmeal Served With Warm Baked Apples Milk	2 Whole Grain Reduced Fat Banana Nut Muffin Hard Boiled Egg Grapes Milk	3 Reduced Sugar Cinnamon Toast Crunch Graham Cracker Served With Orange Wedges Milk
6 No School	7 Whole Grain Reduced Fat Blueberry Loaf Served With Graham Crackers Fresh Locally Grown Apple Milk	8 Western Scrambled Eggs Served With Whole Wheat Toast Home Fried Potatoes Milk	9 Whole Wheat Bagel Served With Low-Fat Cream Cheese Orange Slices Milk	10 Bite Size Frosted Mini Wheats Low-Fat String Cheese Served With 100% Orange Juice Milk
13 Whole Grain Reduced Fat Blueberry Loaf Served With Low Fat String Cheese Fresh Pear Milk	14 Egg & Cheddar on a Whole Wheat Bagel Served With Orange Juice Milk	15 Mini Blueberry Pancakes Served With Fresh Banana Milk	16 Fresh Baked Breakfast Round Served With Applesauce Milk	17 Reduced Sugar Trix Graham Cracker Served With Chilled Orange Juice Milk
20 No School	21 Whole Grain Breakfast Burrito Served With Fresh Locally Grown Apple Milk	22 Mini Blueberry Pancakes Grape Juice Milk	23 Cheesy Eggs Served With Whole Wheat Bagel Half with Promise Spread Fresh Orange Slices Milk	24 Reduced Sugar Cinnamon Toast Crunch Low-Fat String Cheese Served With Fresh Cantaloupe Milk
27 Whole Grain Reduced Fat Blueberry Loaf Served With Low Fat String Cheese Fresh Pear Milk	28 Egg & Cheddar on a Whole Wheat Bagel Served With Orange Juice Milk	29 Mini Blueberry Pancakes Served With Fresh Banana Milk		



Go to MyPyramid.gov/ for online personal wellness resources for you and your family.

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