










2009-2010

FEBRUARY ELEMENTARY BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 CRUNCHMANIA CINNAMON BUNS 4 OZ. JUICE 8 OZ MILK	2 SUPER DONUT CEREAL 8 OZ. MILK 	3 PEANUT BUTTER & JELLY BAR 4 OZ. JUICE 8 OZ. MILK	4 MINI LOAF CEREAL 4 OZ. JUICE 8 OZ. MILK	5 BREAKFAST WAFFLE 4 OZ. JUICE 8 OZ. MILK 
8 CRUNCHMANIA CINNAMON BUNS 4 OZ. JUICE 8 OZ MILK	9 SUPER DONUT CEREAL 8 OZ. MILK	10 PEANUT BUTTER & JELLY BAR 4 OZ. JUICE 8 OZ. MILK	11 MINI LOAF CEREAL 4 OZ. JUICE 8 OZ. MILK 	12 NO SCHOOL! PARENT-TEACHER CONFERENCES
15 NO SCHOOL! PRESIDENTS' DAY 	16 SUPER DONUT CEREAL 8 OZ. MILK 	17 PEANUT BUTTER & JELLY BAR 4 OZ. JUICE 8 OZ. MILK	18 MINI LOAF CEREAL 4 OZ. JUICE 8 OZ. MILK	19 BREAKFAST WAFFLE 4 OZ. JUICE 8 OZ. MILK 
22 CRUNCHMANIA CINNAMON BUNS 4 OZ. JUICE 8 OZ MILK	23 SUPER DONUT CEREAL 8 OZ. MILK	24 PEANUT BUTTER & JELLY BAR 4 OZ. JUICE 8 OZ. MILK	25 MINI LOAF CEREAL 4 OZ. JUICE 8 OZ. MILK 	26 BREAKFAST WAFFLE 4 OZ. JUICE 8 OZ. MILK

ASSORTED MILK SERVED DAILY

MENU SUBJECT TO CHANGE WITHOUT NOTICE

February is Dental Health Month. Keep a healthy smile by focusing on oral health, hygiene and healthy food choices.

A Healthy Smile
Brightens Everyone's Day



Make good dental care a family habit!

- Brush at least two times a day. Brush after sugary or starchy snacks, too.
- Use toothpaste with fluoride.
- Floss every day.
- Get regular dental check-ups.
- Learn good tooth-brushing habits.
- Make food and drink choices for healthy teeth.
- Limit sweets, starchy foods, juice, and sweetened drinks.
- Milk, cheese, and meat in your meals and snacks help protect your teeth from decay.
- For snacks eat cheese with fruit or vegetables.
- Drink milk with crackers, cookies, or cereal.

