







2009-2010

FEBRUARY SECONDARY BREAKFAST MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 SUPER DONUT CEREAL 8 OZ MILK 	2 POP TARTS 4 OZ. ORANGE JUICE 8 OZ. MILK	3 HONEY WHEAT DONUT 4 OZ. ORANGE JUICE 8 OZ. MILK 	4 PEANUT BUTTER & JELLY BAR 4 OZ. ORANGE JUICE 8 OZ. MILK	5 STRING CHEESE CEREAL 4 OZ. ORANGE JUICE 8 OZ. MILK
8 SUPER DONUT CEREAL 8 OZ MILK	9 POP TARTS 4 OZ. ORANGE JUICE 8 OZ. MILK	10 HONEY WHEAT DONUT 4 OZ. ORANGE JUICE 8 OZ. MILK	11 PEANUT BUTTER & JELLY BAR 4 OZ. ORANGE JUICE 8 OZ. MILK	12 NO SCHOOL! PARENT-TEACHER CONFERENCES
15 NO SCHOOL! PRESIDENTS' DAY 	16 POP TARTS 4 OZ. ORANGE JUICE 8 OZ. MILK 	17 HONEY WHEAT DONUT 4 OZ. ORANGE JUICE 8 OZ. MILK	18 PEANUT BUTTER & JELLY BAR 4 OZ. ORANGE JUICE 8 OZ. MILK	19 STRING CHEESE CEREAL 4 OZ. ORANGE JUICE 8 OZ. MILK
22 SUPER DONUT CEREAL 8 OZ MILK	23 POP TARTS 4 OZ. ORANGE JUICE 8 OZ. MILK	24 HONEY WHEAT DONUT 4 OZ. ORANGE JUICE 8 OZ. MILK	25 PEANUT BUTTER & JELLY BAR 4 OZ. ORANGE JUICE 8 OZ. MILK	26 STRING CHEESE CEREAL 4 OZ. ORANGE 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.

