

# February 2018

## McCurdy Charter School

### BREAKFAST



Choice of 1% or skim milk  
Offered daily!  
Menu subject to change



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

Tuesday

Wednesday

Thursday

Friday



Yogurt and granola  
diced peaches  
orange juice  
milk

Cereal bowl  
strawberries  
apple juice  
milk

Cereal bowl  
strawberries  
apple juice  
milk

French toast sticks  
syrup  
diced pears  
milk

Sausage and cheese  
on English muffin  
grape juice, strawberries  
milk

Breakfast pizza  
pineapple tidbits  
apple juice  
milk

Cereal bowl  
strawberries  
apple juice  
milk

Cereal bowl  
strawberries  
apple juice  
milk

Pancake on a stick  
syrup  
apple juice applesauce  
milk

Bagel  
cream cheese  
diced peaches grape juice  
milk

Peanut butter and jelly  
uncrustable  
apple juice apple  
milk

**NO**  
**SCHOOL!!**

**NO SCHOOL**  
**PRESIDENTS DAY**

Cereal bowl  
strawberries  
apple juice  
milk

Yogurt and granola  
diced peaches  
orange juice  
milk

Sausage and cheese  
on English muffin  
grape juice, strawberries  
milk

Cereal bowl  
strawberries  
apple juice  
milk

Cereal bowl  
strawberries  
apple juice  
milk

Breakfast pizza  
pineapple tidbits  
apple juice  
milk

French toast sticks  
syrup  
diced pears  
milk

