

February 2016

Newkirk/Braman Schools

BREAKFAST



School Information: February 19-
.No School



Nutrition Tip:

Fifteen percent of Americans skip breakfast on a typical day, yet breakfast – including ready-to-eat cereal – contributes less than 20 percent of daily calories. Reference: NHANES data 2009-2010

Monday

Sausage Biscuit

1

Cereal, Fruit

Milk, Juice

Tuesday

English Muffin

2

Cereal, Fruit

Milk, Juice

Wednesday

Yogurt Parfait

3

Cereal, Fruit

Milk, Juice

Thursday

French Toast Sticks

4

Cereal, Fruit

Milk, Juice

Friday

Cinnamon Roll

5

Sausage, Cereal, Fruit

Milk, Juice

Sausage Biscuit

8

Cereal, Fruit

Milk, Juice

Bagel and Cream Cheese

9

Cereal, Fruit

Milk, Juice

Muffin, Yogurt

10

Cereal, Fruit

Milk, Juice

Waffles

11

Cereal, Fruit

Milk, Juice

Donut

12

Cereal, Fruit

Milk, Juice

Biscuit and Gravy

15

Cereal, Fruit

Milk, Juice

Pancakes, Eggs

16

Cereal, Fruit

Milk, Juice

Breakfast Pizza

17

Cereal, Fruit

Milk, Juice

Toast and Sausage

18

Cereal, Fruit

Milk, Juice

No School

19

Biscuit and Gravy

22

Cereal, Fruit

Milk, Juice

Waffles

23

Cereal, Fruit

Milk, Juice

Toast and Sausage

24

Cereal, Fruit

Milk, Juice

Pancake on a stick

25

Cereal, Fruit

Milk, Juice

Cinnamon Roll

26

Cereal, Fruit

Milk, Juice

Pancake on a stick

29

Cereal, Fruit

Milk, Juice

