



BREAKFAST

FEBRUARY 2021

Continental Elementary School

Breakfast is considered an important meal because, it breaks the overnight fasting period, replenishes your supply of glucose and provides other essential nutrients to keep your energy levels up throughout the day.

Monday

Tuesday

Wednesday

Thursday

Friday

1

Ham & Egg English Muffin
Fresh Fruit
Variety of Milk

2

WG Honey Bun
Peaches
Variety of Milk

3

Early Release!
Breakfast Burrito
Apple Juice
Variety of Milk

4

Super Donut
Fresh Fruit
Variety of Milk

5

Pancakes
Orange Juice
Variety of Milk

8

Waffles
Oranges
Variety of Milk

9

Chocolate Muffin
Apple Juice
Variety of Milk

10

Cheese Crisp
Applesauce
Variety of Milk

11

Fruity Yogurt
Animal Crackers
Variety of Milk

12

Brownies
Fresh Fruit
Variety of Milk

15

Bagel/Cream Cheese
Orange Juice
Variety of Milk

16

Cereal
Fresh Fruit
Variety of Milk

17

Early Release!
Cinnamon Roll
Peaches
Variety of Milk

18

Cheese/Egg Omelet
Strawberries
Variety of Milk

19

French Toast
Apple Juice
Variety of Milk

22

Churros
Orange Juice
Variety of Milk

23

Oatmeal Cookies
Peaches
Variety of Milk

24

Breakfast Pizza
Fresh Fruit
Variety of Milk

25

**Rodeo Days
No School!!**

26

**Rodeo Days
No School!!**



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