



Marion Magnet Breakfast February 2019

FEBRUARY

1

Maple Waffle
Muffin
Yogurt
String Cheese
Graham Crackers
Assorted Fruit

4

Breakfast Pizza
Cereal Bowl
Yogurt
String Cheese
Graham Crackers
Assorted Fruit

5

Mini Cream Cheese Bagel
Cereal Bowl
Yogurt
String Cheese
Graham Crackers
Assorted Fruit

6

Ham & Biscuit Melt
Cereal Bowl
Yogurt
String Cheese
Graham Crackers
Assorted Fruit

7

Bacon, Egg, Cheese Biscuit
Cereal Bowl
Yogurt
String Cheese
Graham Crackers
Assorted Fruit

8

Pancake on a Stick
Cereal Bowl
Yogurt
String Cheese
Graham Crackers
Assorted Fruit

11

Egg & Sausage Breakfast
Slider
Muffin
Yogurt
String Cheese
Graham Crackers
Assorted Fruit

12

Strawberry Pancakes
Muffin
Yogurt
String Cheese
Graham Crackers
Assorted Fruit

13

Cheesy Chicken Biscuit
Muffin
Yogurt
String Cheese
Graham Crackers
Assorted Fruit

14

Breakfast Scramble
w/Toast
Muffin
Yogurt
String Cheese
Graham Crackers
Assorted Fruit

15

Sausage Biscuit
Muffin
Yogurt
String Cheese
Graham Crackers
Assorted Fruit

18

**Presidents'
Day!**

19

Pancake on a Stick
Cereal Bowl
Yogurt
String Cheese
Graham Crackers
Assorted Fruit

20

Egg, Cheese, & Sausage
Biscuit
Cereal Bowl
Yogurt
String Cheese
Graham Crackers
Assorted Fruit

21

Strawberry Yogurt Parfait
Cereal Bowl
Yogurt
String Cheese
Graham Crackers
Assorted Fruit

22

Berry French Toast
Cereal Bowl
Yogurt
String Cheese
Graham Crackers
Assorted Fruit

25

Breakfast Burrito
Muffin
Yogurt
String Cheese
Graham Crackers
Assorted Fruit

26

Ham Cheese Biscuit
Muffin
Yogurt
String Cheese
Graham Crackers
Assorted Fruit

27

Maple Waffles
Muffin
Yogurt
String Cheese
Graham Crackers
Assorted Fruit

28

Mini Strawberry Cream
Muffin
Yogurt
String Cheese
Graham Crackers
Assorted Fruit

3/1

Sausage Biscuit
Muffin
Yogurt
String Cheese
Graham Crackers
Assorted Fruit

Breakfast is Free for all students 2018-2019!

Menu is Subject to Change.

Breakfast literally means to break the fast after a long night's sleep. It is a crucial meal that refuels the body and the brain with energy and nutrients. Eating breakfast has been shown to improve mental alertness and physical performance.