



FLC Breakfast February 2019

28

Mini Pancakes

Cocoa Puffs or Froot Loops w/ Toast
Yogurt and Scooby Snack
Apple or Pears
Grape Juice

29

Cinnamon Donut

Frosted Flakes or Lucky Charms w/ Toast
Cocoa Puffs Cereal Bar & Cheese Cubes
Fresh Orange or Mixed Fruit
Fruit Punch

30

Scrambled Eggs w/ Cheese & Toast

Cinnamon Toast Crunch or Apple Jacks w/ Toast
Peanut Butter & Toast
Pears or Applesauce
Orange Juice

31

Blueberry Muffin

Frosted Mini Wheat Chocolate or Trix w/ Toast
Scooby Snack w/ Hard Boiled Egg
Banana or Raisins
Cherry Star Juice

1

Waffles

Honey Nut Cheerios or Golden Grahams w/ Toast
Pop tart & String Cheese
Grapes or Peaches
Apple Juice

4

Cherry Frudel

Cocoa Puffs or Froot Loops w/ Toast
Yogurt and Scooby Snack
Apple or Pears
Grape Juice

5

Glazed Donut

Frosted Flakes or Lucky Charms w/ Toast
Cocoa Puffs Cereal Bar & Cheese Cubes
Fresh Orange or Mixed Fruit
Fruit Punch

6

Cinnamon Roll

Cinnamon Toast Crunch or Apple Jacks w/ Toast
Peanut Butter & Toast
Pears or Applesauce
Orange Juice

7

Pancake Sausage Wrap

Frosted Mini Wheat Chocolate or Trix w/ Toast
Scooby Snack w/ Hard Boiled Egg
Banana or Raisins
Cherry Star Juice

8

Pancakes

Honey Nut Cheerios or Golden Grahams w/ Toast
Pop tart & String Cheese
Grapes or Peaches
Apple Juice

11

French Toast Sticks

Cocoa Puffs or Froot Loops w/ Toast
Yogurt and Scooby Snack
Apple or Pears
Grape Juice

12

Blueberry Muffin

Frosted Flakes or Lucky Charms w/ Toast
Cocoa Puffs Cereal Bar & Cheese Cubes
Fresh Orange or Mixed Fruit
Fruit Punch

13

Omelet w/ Hashbrown & Toast

Cinnamon Toast Crunch or Apple Jacks w/ Toast
Peanut Butter & Toast
Pears or Applesauce
Orange Juice

14

Breakfast Pizza

Frosted Mini Wheat Chocolate or Trix w/ Toast
Scooby Snack w/ Hard Boiled Egg
Banana or Raisins
Cherry Star Juice

15

NO SCHOOL

18

NO SCHOOL

19

Cinnamon Roll

Frosted Flakes or Lucky Charms w/ Toast
Cocoa Puffs Cereal Bar & Cheese Cubes
Fresh Orange or Mixed Fruit
Fruit Punch

20

Uncrustable

Cinnamon Toast Crunch or Apple Jacks w/ Toast
Peanut Butter & Toast
Pears or Applesauce
Orange Juice

21

Scrambled Eggs w/ Hashbrown & Toast

Frosted Mini Wheat Chocolate or Trix w/ Toast
Scooby Snack w/ Hard Boiled Egg
Banana or Raisins
Cherry Star Juice

22

Chocolate Muffin

Honey Nut Cheerios or Golden Grahams w/ Toast
Pop tart & String Cheese
Grapes or Peaches
Apple Juice

25

French Toast Sticks

Cocoa Puffs or Froot Loops w/ Toast
Yogurt and Scooby Snack
Apple or Pears
Grape Juice

26

Pancake Sausage Wrap

Frosted Flakes or Lucky Charms w/ Toast
Cocoa Puffs Cereal Bar & Cheese Cubes
Fresh Orange or Mixed Fruit

27

Breakfast Cinnamon Round

Cinnamon Toast Crunch or Apple Jacks w/ Toast
Peanut Butter & Toast
Pears or Applesauce
Orange Juice

28

Banana Muffin

Frosted Mini Wheat Chocolate or Trix w/ Toast
Scooby Snack w/ Hard Boiled Egg
Banana or Raisins
Cherry Star Juice

1

Breakfast Pizza

Honey Nut Cheerios or Golden Grahams w/ Toast
Pop tart & String Cheese
Grapes or Peaches
Apple Juice

Menu Subject To Change

Drink Milk

Skim, 1%, or Chocolate Skim milk are offered daily.