All students eat FREE!

BREAKFAST FEBRUARY 2020

Southgate Elementary Menu

Don't forget:
Select at least Three (3) Food Items.
One (1) of the Items must be a FRUIT!
Fat Free Milk available upon request!

Monday	Tuesday	Wednesday	Thursday	Friday
3 Wh. Grain Cereal (1Item) Graham Cracker (1Item) Fresh or Cup of Fruit (1Item) 100% Fruit Juice (1Item) Choice of Milk (1Item)	**4** Chocolate Donuts (2Items) Fresh or Cup of Fruit (1Item) 100% Fruit Juice (1Item) Choice of Milk (1Item)	**5** DELAYED START TODAY Apple Granola Bar (1Item) Yogurt or Str Cheese (1Item) Fresh or Cup of Fruit (1Item) 100% Fruit Juice (1Item) Choice of Milk (1Item)	**6** Oatmeal Choco Bar (2Items) Fresh or Cup of Fruit (1Item) 100% Fruit Juice (1Item) Choice of Milk (1Item)	**7** Chef Choice (1Item) Yogurt or Str. Cheese (1Item) Fresh or Cup of Fruit (1Item) 100% Fruit Juice (1Item) Choice of Milk (1Item)
10 Wh. Grain Cereal (1Item) Graham Cracker (1Item) Fresh or Cup of Fruit (1Item) 100% Fruit Juice (1Item) Choice of Milk (1Item)	**11** Slice Berry Bread (2Items) Fresh or Cup of Fruit (1Item) 100% Fruit Juice (1Item) Choice of Milk (1Item)	**12** Cinnamon Bar (1Item) Yogurt or Str.Cheese (1Item) Fresh or Cup of Fruit (1Item) 100% Fruit Juice (1Item) Choice of Milk (1Item)	**13** Sliced Banana Bread (2Items) Fresh or Cup of Fruit (1Item) 100% Fruit Juice (1Item) Choice of Milk (1Item)	**14** Chef Choice (1Item) Yogurt or Str. Cheese (1Item) Fresh or Cup of Fruit (1Item) 100% Fruit Juice (1Item) Choice of Milk (1Item)
17 Winter Break NO SCHOOL	**18** Winter Break NO SCHOOL	**19** Winter Break NO SCHOOL	**20** Bagel w/Cr. Cheese (2Items) Fresh or Cup of Fruit (1Item) 100% Fruit Juice (1Item) Choice of Milk (1Item)	**21** Chef Choice (1Item) Yogurt or Str. Cheese (1Item) Fresh or Cup of Fruit (1Item) 100% Fruit Juice (1Item) Choice of Milk (1Item)
24 Wh. Grain Cereal (1Item) Graham Cracker (1Item) Fresh or Cup of Fruit (1Item) 100% Fruit Juice (1Item) Choice of Milk (1Item)	**25** Crunchmania (2Items) Fresh or Cup of Fruit (1Item) 100% Fruit Juice (1Item) Choice of Milk (1Item)	**26** Fresh Baked Muffin (1Item) Yogurt or Str.Cheese (1Item) Fresh or Cup of Fruit (1Item) 100% Fruit Juice (1Item) Choice of Milk (1Item)	**27** Banana Choco Bar (2Items) Fresh or Cup of Fruit (1Item) 100% Fruit Juice (1Item) Choice of Milk (1Item)	**28** Chef Choice (1Item) Yogurt or Str. Cheese (1Item) Fresh or Cup of Fruit (1Item) 100% Fruit Juice (1Item) Choice of Milk (1Item)

