



# Food Zone

## February Howland Elementary Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Cereal Bar Fresh Fruit Juice and Milk
4 Mini Waffles Fresh Fruit Juice and Milk	5 French Toast Fresh Fruit Juice and Milk	6 Whole Grain Cereal Fresh Fruit Juice and Milk	7 Fruit Muffin Fresh Fruit Juice and Milk	8 Cereal Bar Fresh Fruit Juice and Milk
11 Mini Waffles Fresh Fruit Juice and Milk	12 French Toast Fresh Fruit Juice and Milk	13 Whole Grain Cereal Fresh Fruit Juice and Milk	14 Fruit Muffin Fresh Fruit Juice and Milk	15 No School
18 No School	19 No School	20 Whole Grain Cereal Fresh Fruit Juice and Milk	21 Fruit Muffin Fresh Fruit Juice and Milk	22 Cereal Bar Fresh Fruit Juice and Milk
25 Mini Waffles Fresh Fruit Juice and Milk	26 French Toast Fresh Fruit Juice and Milk	27 Whole Grain Cereal Fresh Fruit Juice and Milk	28 Fruit Muffin Fresh Fruit Juice and Milk	

*Menu Subject to Change*

**Fruit: Banana 30g, Orange 11g, Apple 20g**

**Milk: 1% White 12g, Chocolate 25g**

**Juice: Apple 13g, Orange 13g**