



Food Zone

February Howland Elementary Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Cereal Bar Whole Grain Cereal Fresh Fruit Juice and Milk
4 Mini Waffles or Whole Grain Cereal Fresh Fruit Juice and Milk	5 French Toast or Whole Grain Cereal Fresh Fruit Juice and Milk	6 Whole Grain Cereal Fresh Fruit Juice and Milk	7 Fruit Muffin Whole Grain Cereal Fresh Fruit Juice and Milk	8 Cereal Bar Whole Grain Cereal Fresh Fruit Juice and Milk
11 Mini Waffles or Whole Grain Cereal Fresh Fruit Juice and Milk	12 French Toast or Whole Grain Cereal Fresh Fruit Juice and Milk	13 Whole Grain Cereal Fresh Fruit Juice and Milk	14 Fruit Muffin Whole Grain Cereal 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 Whole Grain Cereal Fresh Fruit Juice and Milk	22 Cereal Bar Whole Grain Cereal Fresh Fruit Juice and Milk
25 Mini Waffles or Whole Grain Cereal Fresh Fruit Juice and Milk	26 French Toast or Whole Grain Cereal Fresh Fruit Juice and Milk	27 Whole Grain Cereal Fresh Fruit Juice and Milk	28 Fruit Muffin Whole Grain Cereal 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

Please discuss any food allergy issues concerning your child with the Food Services Director.

This is an equal opportunity provider.

