

Salem High School Breakfast Menu: FEBRUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1/29 January!	1/30 January!	1/31 January!	2/1 Choice of: Sausage Egg and Cheese on whole wheat English Muffin, Assorted Cereals Breakfast Bar Variety Yogurt Parfait Assorted Fruit Juice, Milk	2/2 Choice of: Whole Grain Muffin Egg & Cheese Stuffed Hashbrown Assorted Cereals Breakfast Bar Variety Yogurt Parfait Assorted Fruit Juice/ Milk
2/5 Choice of: Whole Grain Muffin Egg & Cheese Stuffed Hashbrown Assorted Cereals Breakfast Bar Variety Yogurt Parfait Assorted Fruit Juice/ Milk	2/6 Choice of: Sausage Egg and Cheese on whole wheat English Muffin, Assorted Cereals Breakfast Bar Variety Yogurt Parfait Assorted Fruit Juice, Milk	2/7 Choice of: Whole Grain Muffin Egg & Cheese Stuffed Hashbrown Assorted Cereals Breakfast Bar Variety Yogurt Parfait Assorted Fruit Juice/ Milk	2/8 Choice of: Sausage Egg and Cheese on whole wheat Croissant Assorted Cereals Breakfast Bar Variety Yogurt Parfait Assorted Fruit Juice, Milk	2/9 Choice of: Whole Grain Cinnamon Roll Assorted Cereals Breakfast Bar Variety Yogurt Parfait Assorted Fruit Juice/Milk
2/12 Choice of: Assorted Cereals Egg & Cheese Stuffed Hashbrown Breakfast Bar Variety Yogurt Parfait Assorted Fruit Juice, Milk	2/13 Choice of: Sausage Egg and Cheese on whole wheat Croissant Assorted Cereals Breakfast Bar Variety Yogurt Parfait Assorted Fruit Juice, Milk	2/14 Choice of: Whole Grain Muffin Egg & Cheese Stuffed Hashbrown Assorted Cereals Breakfast Bar Variety Yogurt Parfait Assorted Fruit Juice/ Milk	2/15 Choice of: Sausage Egg and Cheese on whole wheat English Muffin, Assorted Cereals Breakfast Bar Variety Yogurt Parfait Assorted Fruit Juice, Milk	2/16 Choice of: Whole Grain Apple Pastry Assorted Cereals Breakfast Bar Variety Yogurt Parfait Assorted Fruit Juice/Milk
2/19 No School: No breakfast Served	2/20 No School: No breakfast Served	2/21 No School: No breakfast Served	2/22 No School: No breakfast Served	2/23 No School: No breakfast Served
2/26 Choice of: Assorted Cereals Egg & Cheese Stuffed Hashbrown Breakfast Bar Variety Yogurt Parfait Assorted Fruit Juice, Milk	2/27 Choice of: Sausage Egg and Cheese on whole wheat Croissant Assorted Cereals Breakfast Bar Variety Yogurt Parfait Assorted Fruit Juice, Milk	2/28 Choice of: Whole Grain Bubble Bread Assorted Cereals Breakfast Bar Variety Yogurt Parfait Assorted Fruit Juice/Milk	2/29 Choice of: Sausage Egg and Cheese on whole wheat English Muffin, Assorted Cereals Breakfast Bar Variety Yogurt Parfait Assorted Fruit Juice, Milk	3/1 Choice of: Assorted Cereals Egg & Cheese Stuffed Hashbrown Breakfast Bar Variety Yogurt Parfait Assorted Fruit Juice, Milk

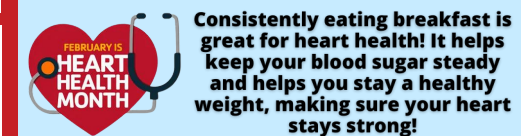
Daily Vegetarian Grab and Go Lunch Options:

Sun Butter and Jelly Sandwich V
Yogurt and Granola Grab and Go
Hummus and Veggie Grab and Go

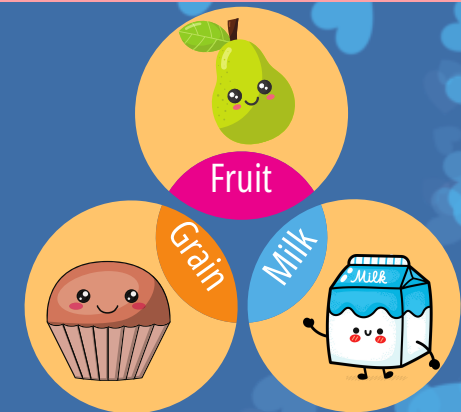
- All grain products are whole grain rich
- Meats are lean and cheeses are low fat
- A variety of fresh fruits and vegetables offered daily!



Milks Offered Daily
Skim Milk: >0.5% Fat
1% Milk: 1% Fat



The 3 Components of School Breakfast



Students must choose at least 3 items
(including ½ cup fruit and/or vegetable)



Please Note: If you have a food allergy please advise your kitchen manager. This institution is a equal Opportunity Provider.

New Liberty & Prep Breakfast Menu: FEBRUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1/29 January!	1/30 January!	1/31 January!	2/1 Choice of: Sausage Egg and Cheese on whole wheat English Muffin, Assorted Cereals Breakfast Bar Variety Yogurt Parfait Assorted Fruit Juice, Milk	2/2 Choice of: Whole Grain Muffin Assorted Cereals Breakfast Bar Variety Yogurt Parfait Assorted Fruit Juice/Milk
2/5 Choice of: Whole Grain Muffin Assorted Cereals Breakfast Bar Variety Yogurt Parfait Assorted Fruit Juice/ Milk	2/6 Choice of: Sausage Egg and Cheese on whole wheat English Muffin , Assorted Cereals Breakfast Bar Variety Yogurt Parfait Assorted Fruit Juice, Milk	2/7 Choice of: Whole Grain Muffin Assorted Cereals Breakfast Bar Variety Yogurt Parfait Assorted Fruit Juice/Milk	2/8 Choice of: Sausage Egg and Cheese on whole wheat Croissant Assorted Cereals Breakfast Bar Variety Yogurt Parfait Assorted Fruit Juice, Milk	2/9 Choice of: Whole Grain Cinnamon Roll Assorted Cereals Breakfast Bar Variety Yogurt Parfait Assorted Fruit Juice/Milk
2/12 Choice of: Assorted Cereals Breakfast Bar Variety Yogurt Parfait Assorted Fruit Juice, Milk	2/13 Choice of: Sausage Egg and Cheese on whole wheat Croissant Assorted Cereals Breakfast Bar Variety Yogurt Parfait Assorted Fruit Juice, Milk	2/14 Choice of: Whole Grain Bagel with Cream Cheese Assorted Cereals Breakfast Bar Variety Yogurt Parfait Assorted Fruit Juice/Milk	2/15 Choice of: Sausage Egg and Cheese on whole wheat English Muffin, Assorted Cereals Breakfast Bar Variety Yogurt Parfait Assorted Fruit Juice, Milk	2/16 Choice of: Whole Grain Muffin Assorted Cereals Breakfast Bar Variety Yogurt Parfait Assorted Fruit Juice/Milk
2/19 No School: No breakfast Served	2/20 No School: No breakfast Served	2/21 No School: No breakfast Served	2/22 No School: No breakfast Served	2/23 No School: No breakfast Served
2/26 Choice of: Whole Grain Muffin Assorted Cereals Breakfast Bar Variety Yogurt Parfait Assorted Fruit Juice/Milk	2/27 Choice of: Sausage Egg and Cheese on whole wheat Croissant Assorted Cereals Breakfast Bar Variety Yogurt Parfait Assorted Fruit Juice, Milk	2/28 Choice of: Whole Grain Bubble Bread Assorted Cereals Breakfast Bar Variety Yogurt Parfait Assorted Fruit Juice/Milk	2/29 Choice of: Sausage Egg and Cheese on whole wheat English Muffin, Assorted Cereals Breakfast Bar Variety Yogurt Parfait Assorted Fruit Juice, Milk	3/1 Choice of: Whole Grain Muffin Assorted Cereals Breakfast Bar Variety Yogurt Parfait Assorted Fruit Juice/Milk

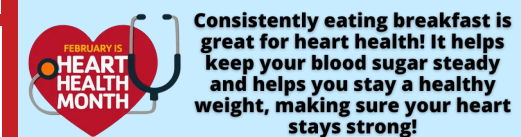
Daily Vegetarian Grab and Go Lunch Options:

Sun Butter and Jelly Sandwich V
Yogurt and Granola Grab and Go
Hummus and Veggie Grab and Go

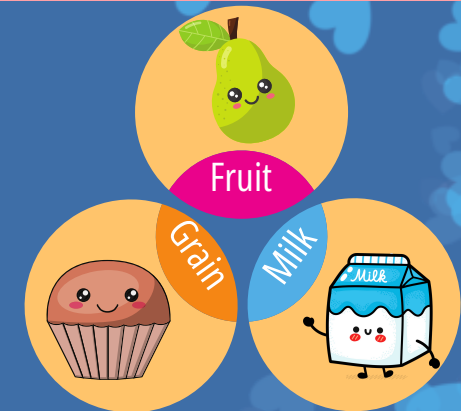
- All grain products are whole grain rich
- Meats are lean and cheeses are low fat
- A variety of fresh fruits and vegetables offered daily!



Milks Offered Daily
Skim Milk: >0.5% Fat
1% Milk: 1% Fat



The 3 Components of School Breakfast



Students must choose at least 3 items
(including ½ cup fruit and/or vegetable)



Please Note: If you have a food allergy please advise your kitchen manager. This institution is a equal Opportunity Provider.

Collins Middle School Breakfast Menu: FEBRUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1/29 January!	1/30 January!	1/31 January!	2/1 Choice of: Sausage Egg and Cheese on whole wheat English Muffin, Assorted Cereals Breakfast Bar Variety Yogurt Parfait Assorted Fruit Juice, Milk	2/2 Choice of: Whole Grain Muffin Assorted Cereals Breakfast Bar Variety Yogurt Parfait Assorted Fruit Juice/Milk
2/5 Choice of: Whole Grain Muffin Assorted Cereals Breakfast Bar Variety Yogurt Parfait Assorted Fruit Juice/ Milk	2/6 Choice of: Sausage Egg and Cheese on whole wheat English Muffin , Assorted Cereals Breakfast Bar Variety Yogurt Parfait Assorted Fruit Juice, Milk	2/7 Choice of: Whole Grain Muffin Assorted Cereals Breakfast Bar Variety Yogurt Parfait Assorted Fruit Juice/Milk	2/8 Choice of: Sausage Egg and Cheese on whole wheat Croissant Assorted Cereals Breakfast Bar Variety Yogurt Parfait Assorted Fruit Juice, Milk	2/9 Choice of: Whole Grain Cinnamon Roll Assorted Cereals Breakfast Bar Variety Yogurt Parfait Assorted Fruit Juice/Milk
2/12 Choice of: Assorted Cereals Breakfast Bar Variety Yogurt Parfait Assorted Fruit Juice, Milk	2/13 Choice of: Sausage Egg and Cheese on whole wheat Croissant Assorted Cereals Breakfast Bar Variety Yogurt Parfait Assorted Fruit Juice, Milk	2/14 Choice of: Whole Grain Bagel with Cream Cheese Assorted Cereals Breakfast Bar Variety Yogurt Parfait Assorted Fruit Juice/Milk	2/15 Choice of: Sausage Egg and Cheese on whole wheat English Muffin, Assorted Cereals Breakfast Bar Variety Yogurt Parfait Assorted Fruit Juice, Milk	2/16 Choice of: Whole Grain Muffin Assorted Cereals Breakfast Bar Variety Yogurt Parfait Assorted Fruit Juice/Milk
2/19 No School: No breakfast Served	2/20 No School: No breakfast Served	2/21 No School: No breakfast Served	2/22 No School: No breakfast Served	2/23 No School: No breakfast Served
2/26 Choice of: Whole Grain Muffin Assorted Cereals Breakfast Bar Variety Yogurt Parfait Assorted Fruit Juice/Milk	2/27 Choice of: Sausage Egg and Cheese on whole wheat Croissant Assorted Cereals Breakfast Bar Variety Yogurt Parfait Assorted Fruit Juice, Milk	2/28 Choice of: Whole Grain Bubble Bread Assorted Cereals Breakfast Bar Variety Yogurt Parfait Assorted Fruit Juice/Milk	2/29 Choice of: Sausage Egg and Cheese on whole wheat English Muffin, Assorted Cereals Breakfast Bar Variety Yogurt Parfait Assorted Fruit Juice, Milk	3/1 Choice of: Whole Grain Muffin Assorted Cereals Breakfast Bar Variety Yogurt Parfait Assorted Fruit Juice/Milk

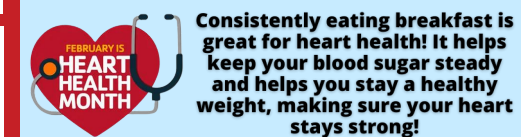
Daily Vegetarian Grab and Go Lunch Options:

Sun Butter and Jelly Sandwich V
Yogurt and Granola Grab and Go
Hummus and Veggie Grab and Go

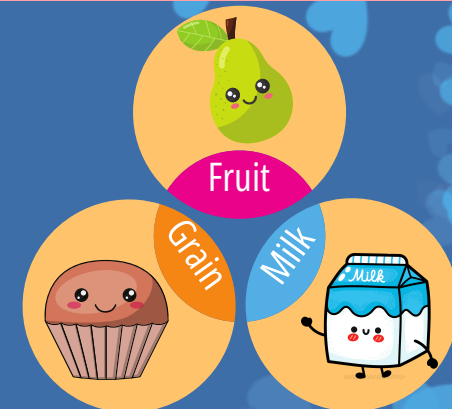
- All grain products are whole grain rich
- Meats are lean and cheeses are low fat
- A variety of fresh fruits and vegetables offered daily!



Milks Offered Daily
Skim Milk: >0.5% Fat
1% Milk: 1% Fat



The 3 Components of School Breakfast



Students must choose at least 3 items
(including ½ cup fruit and/or vegetable)



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Elementary Schools Breakfast Menu: FEBRUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1/29 January!	1/30 January!	1/31 January!	2/1 Whole Grain Bagel with Cream Cheese Pear Assorted Fruit Juice, Milk	2/2 Assorted Whole Grain, Low Sugar Cereals Assorted Fruit Juice Milk
2/5 Whole Grain Low Sugar Cocoa Puffs Graham Cracker Pear Assorted Fruit Juice Milk	2/6 Whole Grain Cinnamon Roll Banana Assorted Fruit Juice Milk	2/7 Whole Grain Mini Low Sugar Frosted Mini Wheat Graham Cracker Apple Assorted Fruit Juice Milk	2/8 Whole Grain Blueberry Muffin Orange Wedges Assorted Fruit Juice Milk	2/9 Assorted Whole Grain, Low Sugar Cereals Assorted Fruit Juice Milk
2/12 Whole Grain Low Sugar Apple Cinnamon Cheerios Graham Cracker Apple Assorted Fruit Juice, Milk	2/13 Whole Grain Low Sugar Cinnamon Toast Crunch Peach Assorted Fruit Juice Milk	2/14 Whole Grain Bagel with Cream Cheese Banana Assorted Fruit Juice, Milk	2/15 Whole Grain Corn Muffin Apple Slices Assorted Fruit Juice Milk	2/16 Assorted Whole Grain, Low Sugar Cereals Assorted Fruit Juice Milk
2/19 No School: No breakfast Served	2/20 No School: No breakfast Served	2/21 No School: No breakfast Served	2/22 No School: No breakfast Served	2/23 No School: No breakfast Served
2/26 Multigrain Cheerios Cheese Stick Apple Assorted Fruit Juice Milk	2/27 Whole Grain Chocolate Chip Muffin Banana Assorted Fruit Juice Milk	2/28 Whole Grain Low Sugar Cinnamon Chex Graham Cracker Apple Assorted Fruit Juice Milk	2/29 Whole Grain Low Sugar Frosted Flakes Graham Cracker Banana Assorted Fruit Juice Milk	3/1 Assorted Whole Grain, Low Sugar Cereals Assorted Fruit Juice Milk

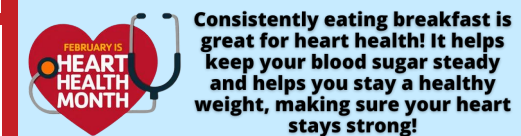
Daily Vegetarian Grab and Go Lunch Options:

Sun Butter and Jelly Sandwich V
Yogurt and Granola Grab and Go
Hummus and Veggie Grab and Go

- All grain products are whole grain rich
- Meats are lean and cheeses are low fat
- A variety of fresh fruits and vegetables offered daily!



Milks Offered Daily
Skim Milk: >0.5% Fat
1% Milk: 1% Fat



The 3 Components of School Breakfast



Please Note: If you have a food allergy please advise your kitchen manager. This institution is a equal Opportunity Provider.

ECC, Pre-K & Pathways Breakfast Menu: FEBRUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1/29 January!	1/30 January!	1/31 January!	2/1 Whole Grain Corn Muffin Strawberry Cup Assorted Fruit Milk	2/2 Assorted Whole Grain, Low Sugar Cereals Assorted Fruit Milk
2/5 Whole Grain Low Sugar Rice Chex Diced Peaches Assorted Fruit Milk	2/6 Whole Grain Low Sugar Cheerios Banana Assorted Fruit Milk	2/7 Whole Grain Low Sugar Cinnamon Toast Crunch Orange Slices Assorted Fruit Milk	2/8 Whole Grain Blueberry Muffin Apple Slices Assorted Fruit Juice Milk	2/9 Assorted Whole Grain, Low Sugar Cereals Assorted Fruit Milk
2/12 Whole Grain Low Sugar Frosted Mini Wheats Apple Slices Assorted Fruit Milk	2/13 Whole Grain Low Sugar Blueberry Chex Banana Assorted Fruit Milk	2/14 Whole Grain Bagel with Cream Cheese Diced Peaches Assorted Fruit Milk	2/15 Whole Grain Low Sugar Cheerios Orange Wedges Assorted Fruit Milk	2/16 Assorted Whole Grain, Low Sugar Cereals Assorted Fruit Milk
2/19 No School: No breakfast Served	2/20 No School: No breakfast Served	2/21 No School: No breakfast Served	2/22 No School: No breakfast Served	2/23 No School: No breakfast Served
2/26 Low Sugar Multigrain Cheerios Applesauce Assorted Fruit Milk	2/27 Whole Grain Low Sugar Rice Chex Sliced Pears Assorted Fruit Milk	2/28 Whole Grain Low Sugar Frosted Mini Wheats Apple Slices Assorted Fruit Milk	2/29 Whole Grain Apple Cinnamon Muffin Mandarin Orange Assorted Fruit Milk	3/1 Assorted Whole Grain, Low Sugar Cereals Assorted Fruit Milk

Daily Vegetarian Grab and Go Lunch Options:

Sun Butter and Jelly Sandwich V
Yogurt and Granola Grab and Go
Hummus and Veggie Grab and Go

- All grain products are whole grain rich
- Meats are lean and cheeses are low fat
- A variety of fresh fruits and vegetables offered daily!



Milks Offered Daily
Skim Milk: >0.5% Fat
1% Milk: 1% Fat

MASSACHUSETTS FARM TO SCHOOL

HARVEST MONTH

WINTER SQUASH

February

Did you know that winter squash can be an excellent breakfast option? For a savory and nutritious bite, add diced butternut squash to your eggs or omelet!

FEBRUARY IS HEART HEALTH MONTH

Consistently eating breakfast is great for heart health! It helps keep your blood sugar steady and helps you stay a healthy weight, making sure your heart stays strong!

The 3 Components of School Breakfast



Students must choose at least 3 items (including ½ cup fruit and/or vegetable)



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