





# Breakfast

CICS: Prairie

February  
2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
					<p><b>Special News...</b></p> <p><b>JOIN US FOR BREAKFAST!</b></p> <p>Breakfast available every day for ALL students at #NO charge</p> <p>Join us every month this year for our <b>ACE Breakfast Giveaway!</b></p> <p><small>Menus are subject to change without notice.</small></p>
<p><b>3</b> Whole Grain Maple Waffles OR Rice Krispies w/ Cinnamon Graham Crackers</p> <p>Watermelon Craisins &amp; Fresh Apple</p>	<p><b>4</b> Egg, Chicken Sausage &amp; Cheese on an English Muffin OR Whole Grain Apple Cinnamon Muffin w/ String Cheese</p> <p>Apple Slices &amp; Orange Wedges</p>	<p><b>5</b> Chicken Sausage, Egg, &amp; American Cheese on a Bagel OR Plain Bagel w/ Cream cheese</p> <p>Banana &amp; Fresh Grapes</p>	<p><b>6</b> Taco Egg, Chicken Ham &amp; Tater Burrito OR Strawberry Banana Yogurt &amp; Jungle Crackers</p> <p>Orange Wedges &amp; Raisins</p>	<p><b>7</b> Chicken Patty on Biscuit OR French toast Benefit Bar</p> <p>Apple &amp; Fresh Banana</p>	
<p><b>10</b> Whole Grain French Toast Sticks w/Maple Syrup OR Cinnamon Chex Cereal w/Animal Crackers Original Craisins &amp; Fresh Red Apple</p>	<p><b>11</b> Chicken Sausage, Egg &amp; Cheese on Biscuit OR Banana Muffin w/ String Cheese</p> <p>Apple Slices &amp; Fresh Orange</p>	<p><b>12</b> Cheddar Cheese Omelet w/ a Warm Biscuit OR Team Cheerio Bar w/ Bear Honey Graham Crackers</p> <p>Banana &amp; Grapes</p>	<p><b>13</b> Waffles w/ Syrup OR Strawberry Banana Yogurt w/ Scooby Cinnamon Graham Crackers</p> <p>Orange &amp; Raisins</p>	<p><b>14</b> Egg Patty w/ Cheese on English Muffin Sandwich OR Cinnamon Ultimate Breakfast Round</p> <p>Apple &amp; Banana</p>	
<p><b>17</b></p> <p><b>No School</b></p>	<p><b>18</b> Chicken Patty on Biscuit OR Cheerios Cereal w/ Jungle Crackers</p> <p>Orange Craisins &amp; Crisp Red Apple</p>	<p><b>19</b> Scrambled Eggs w/ Cheese, Toast &amp; Tater Puffs OR Plain Bagel w/ Cream Cheese</p> <p>Banana &amp; Grapes</p>	<p><b>20</b> <u><b>ACE BREAKFAST GIVEAWAY!</b></u> Egg &amp; Cheese Bagel Sandwich OR Blueberry Muffin w/ String Cheese</p> <p>Orange Wedges &amp; Raisins</p>	<p><b>21</b> Whole Grain Maple Pancake w/ Chicken Sausage OR Apple Nutri-Grain Bar w/ Honey Graham Crackers</p> <p>Apple &amp; Banana</p>	
<p><b>24</b> Whole Grain French Toast Sticks w/ Maple Syrup OR Apple Cinnamon Cheerios w/ Honey Graham Crackers</p> <p>Strawberry Craisins &amp; Red Apple</p>	<p><b>25</b> Chicken Patty on Biscuit OR Butterscotch Bar w/ String Cheese</p> <p>Apple Slices &amp; Fresh Orange Wedges</p>	<p><b>26</b> Egg &amp; Cheese Burrito OR Strawberry Nutri-grain Bar w/ Honey Graham Crackers</p> <p>Fresh Banana &amp; Grapes</p>	<p><b>27</b> Waffles w/ Syrup OR Strawberry Banana Yogurt &amp; Jungle Crackers</p> <p>Fresh Orange Wedges &amp; Raisins</p>	<p><b>28</b> Egg, Chicken Sausage &amp; Cheese on an English Muffin OR Oatmeal Raisin Benefit Bar</p> <p>Apple &amp; Fresh Banana</p>	

All menu items do NOT contain pork, all Bread items served are WHOLE GRAIN.



## What makes a Breakfast Meal?

Hot or Cold Entree + Fruit  
Milk (optional)

View nutrition and allergy info at: [cics.schooldish.com](http://cics.schooldish.com)



Healthy for Life™ Meals

This institution is an equal opportunity provider.