




Breakfast

CICS: West Belden

February
2020

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

CICS

View nutrition and allergy info at: cics.schooldish.com



Healthy for Life™ Meals

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