USDA is an equal opportunity provider and employer



## fflin County School District Mi February Elementary-Intermediate Breakfast

Start Your Day Off with a <u>FREE</u> Breakfast for the 2024-2025 School Year!!!!

Monday	Tuesday	Wednesday	Thursday	Friday
February 3  Assorted Cereal w/  Muffin	February 4  Breakfast Pizza  Or Cereal w/ Muffin	February 5  Donut Day  Or Cereal w/ Yogurt	February 6  Pancakes  Or Cereal w/ Muffin	February 7 Assorted Cereal w/ Muffin
February 10  Assorted Cereal w/  Cheese Stick	February 11  Pancake on a Stick  Or Cereal w/ Muffin	February 12  Dutch Waffle  Or Cereal w/ Yogurt	February 13 Egg & Cheese Biscuit Or Cereal w/ Muffin	February 14 Assorted Cereal w/ Muffin
February 17 Assorted Cereal w/ Muffin	February 18  Breakfast Pizza  Or Cereal w/ Muffin	February 19  Donut Day  Or Cereal w/ Yogurt	February 20 Pancakes Or Cereal w/ Muffin	February 21 Assorted Cereal w/ Muffin
February 24  Assorted Cereal w/  Cheese Stick	February 25  Pancake on a Stick  Or Cereal w/ Muffin	February 26  Dutch Waffle  Or Cereal w/ Yogurt	February 27 Egg & Cheese Biscuit Or Cereal w/ Muffin	February 28 Assorted Cereal w/ Muffin

## What is a Meal?

You must choose at least 3 of the 4 components available for the school breakfast price.

Choice of: Grain or grain/protein
Choice of fruit or vegetable
(must take at least a 1/2 cup) and
Choice of Milk
You must take at least 1/2 cup of fruit or vegetable

Cinnamon Toast Crunch Trix, Cocoa Puffs, Cheerios Rice Crunch, Kix, Cheerios Fruit Loops, Frosted Flakes Rice Kripsies, Reese's

Fruit May Include:
Canned peaches,
applesauce, pears,
pineapple, fruit cocktail,
mandarin oranges,
100% juice (apple, orange,
grape),
fresh fruit selection including apples, bananas and
oranges

## **Ouestions**

Please Contact
Bob DuFour
Director of Foodservice
rd02@mcsdk12.org
717-248-0148...ext..2514