



FOOD FOCUS: Red & Orange Vegetable

This institution is an equal opportunity employer and provider.

CAIRO JR/SR HIGH SCHOOL : FEBRUARY 2018 BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Blueberry Parfait w/ Granola Fresh Orange Wedges Apple Juice Low Fat Milk Choice	2 Biscuit & Gravy Red Apple Half Orange Juice Low Fat Milk Choice
5 Breakfast Pizza Rosy Applesauce Orange Juice Low Fat Milk Choice	6 Ham, Egg, & Cheese Flatbread Fold Pineapple Tidbits Fruit Punch Low Fat Milk Choice	7 Pancakes & Syrup Baked Apple Slices Apple Juice Low Fat Milk Choice	8 Scrambled Eggs & Cinnamon Toast Chilled Peaches Grape Juice Low Fat Milk Choice	9 Biscuit & Gravy Red Apple Half Orange Juice Low Fat Milk Choice
12 Breakfast Pizza Cinnamon Applesauce Orange Juice Low Fat Milk Choice	13 Scrambled Eggs w/ Cheese & Cinnamon Toast Chilled Peaches Apple Juice Low Fat Milk Choice	14 Ham, Egg & Cheese Burrito Raisins Orange Juice Low Fat Milk Choice	15 Waffles W/ Syrup Fruit Cocktail Grape Juice Low Fat Milk Choice	16 Biscuit & Gravy Banana Apple Juice Low Fat Milk Choice
19 No School	20 Grilled Cheese Sandwich Chilled Sliced Pears Apple Juice Low Fat Milk Choice	21 Ham, Egg, & Cheese Flatbread Fold Fresh Red Grapes Fruit Punch Low Fat Milk Choice	22 Waffles W/ Syrup Fruit Cocktail Apple Juice Low Fat Milk Choice	23 Biscuit & Gravy Pineapple Tidbits Orange Juice Low Fat Milk Choice
26 Breakfast Pizza Rosy Applesauce Apple Juice Low Fat Milk Choice	27 Cinnamon Roll Chilled Peaches Fruit Punch Low Fat Milk Choice	28 Scrambled Eggs w/ Cheese & Cinnamon Toast Banana Grape Juice Low Fat Milk Choice	Daily Alternative Pancake w/ Syrup or Choice of Cereal w/ Cinnamon Toast	

BREAKFAST: A full student breakfast includes a choice of entree supplying grain and/or protein, two (2) fruit side dishes and choice of milk. Milk choices include 1% white and skim chocolate.