



Head Start Breakfast Menu

February 2019

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| | | | | 1 Chex Fresh Fruit Choice of 1% Unflavored Milk Unflavored Skim Milk |
| 4 Coco Frosted Mini Wheats Fresh Fruit Choice of 1% Unflavored Milk Unflavored Skim Milk | 5 Cheerios Fresh Fruit Choice of 1% Unflavored Milk Unflavored Skim Milk | 6 Rice Krispies Fresh Fruit Choice of 1% Unflavored Milk Unflavored Skim Milk | 7 Yogurt Fresh Fruit Choice of 1% Unflavored Milk Unflavored Skim Milk | 8 No School |
| 11 Cheerios Fresh Fruit Choice of 1% Unflavored Milk Unflavored Skim Milk | 12 Yogurt Fresh Fruit Choice of 1% Unflavored Milk Unflavored Skim Milk | 13 Rice Krispies Fresh Fruit Choice of 1% Unflavored Milk Unflavored Skim Milk | 14 Blueberry Muffin 100% Fruit juice Choice of 1% Unflavored Milk Unflavored Skim Milk | 15 Frosted Mini Wheats Fresh Fruit Choice of 1% Unflavored Milk Unflavored Skim Milk |
| 18 Coco Frosted Mini Wheats Fresh Fruit Choice of 1% Unflavored Milk Unflavored Skim Milk | 19 Blueberry Muffin 100% Fruit Juice Choice of 1% Unflavored Milk Unflavored Skim Milk | 20 Cream Cheese Bagel Fresh Fruit 100% Fruit Juice Choice of 1% Unflavored Milk Unflavored Skim Milk | 21 Yogurt Fresh Fruit Choice Of 1% Unflavored Milk Unflavored Skim Milk | 22 Rice Krispies Fresh Fruit Choice Of 1% Unflavored Milk Unflavored Skim Milk |
| 25 Chex Fresh Fruit Choice of 1% Unflavored Milk Unflavored Skim Milk | 26 Cream Cheese Bagel 100 % Fruit Juice Choice of 1% Unflavored Milk Unflavored Skim Milk | 27 Yogurt Fresh Fruit Choice of 1% Unflavored Milk Unflavored Skim Milk | 28 Rice Krispies Fresh Fruit Choice of 1% Unflavored Milk Unflavored Skim Milk | |

**Start your day off right
Enjoy a FREE breakfast daily!!!**

More info...
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