




February-2012



# South Pemiscot R-V Public Schools Breakfast Menu

[Berry Kix\* and a variety of fruit and milk are offered each day!]

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>30</b>	<b>31</b>	<b>1</b>	<b>2</b>	<b>3</b>
Pancake & Sausage on a Stick w/ Syrup Orange Or Cheerios* Graham Crackers*	Pancakes* w/ Syrup Apple Juice Or Corn Flakes * Graham Crackers*	Breakfast Wrap w/ salsa Mandarin Oranges Or Wheat Bagel * Cream Cheese Graham cracker*	Biscuit & Gravy Apple Or Raisin Bran* Graham Cracker*	Scrambled Eggs & Cheese Whole Wheat Bread* Grape juice Or Froot Loops* Graham Cracker*
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
Sausage & Cheese Biscuit Apple Juice Or Cheerios* Graham Crackers*	Waffles* & Syrup Orange Or Corn Flakes* Graham crackers*	Scrambled Eggs String Cheese Orange Juice Or Wheat Bagel* Cream Cheese Graham cracker*	Egg & Cheese Biscuit Peaches Or Raisin Bran* Graham Cracker*	Oatmeal* & Muffin Banana Or Froot Loops* Graham Crackers*
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
Pancake & Sausage on a Stick w/ Syrup Orange Or Cheerios* Graham Crackers*	French Toast Sticks w/ Syrup Apple Juice Or Corn Flakes * Graham Crackers*	Breakfast Wrap w/ salsa Mandarin Oranges Or Wheat Bagel * Cream Cheese Graham cracker*	Biscuit & Gravy Banana Or Raisin Bran* Graham Cracker*	<b>NO SCHOOL</b>
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
<b>NO SCHOOL</b>	Waffles* & Syrup Orange Or Corn Flakes * Graham crackers*	Scrambled Eggs String Cheese Orange Juice Or Wheat Bagel* Cream Cheese Graham cracker*	Egg & Cheese Biscuit Peaches Or Raisin Bran* Graham Cracker*	Oatmeal* & Muffin Banana Or Froot Loops* Graham Crackers*
<b>27</b>	<b>28</b>	<b>29</b>		
Pancake & Sausage on a Stick w/ Syrup Orange Or Cheerios* Graham Crackers*	Pancakes* w/ Syrup Apple Juice Or Corn Flakes * Graham Crackers*	Breakfast Pizza Mandarin Oranges Or Wheat Bagel * Cream Cheese Graham cracker*		

\*indicates whole grain

Daily milk choices include 1% White, & Skim Chocolate

The School Lunch Program is operated in accordance with U.S. Dept. of Agriculture policy, which does not permit discrimination because of race, color, sex, age, handicap or national origin. Any person who believes that he or she has been discriminated against in any U.S.D.A. activity should write to the Secretary of Agriculture, Washington, D.C. 20250. Foodservice provided by Chartwells. Menu is subject to change without notice. Questions? Please call Hugh McGowan @ 573.718.7299.