







# SMSD K-12 Breakfast Menu

## FEBRUARY 2023



Menu is subject to change.

Children who eat breakfast show an increased ability to learn, better academic performance and may have a decreased risk of being overweight.

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Baked Chocolate Chip Muffin Tops & Yogurt Cups	2 French Toast Sticks & Syrup 	3 Egg & Cheese Sandwich OR Cereal & Toast	4 Bagels & Cream Cheese
7 Assorted Cereals & Graham Crackers	8 Waffles & Syrup OR Cereal & Toast	9 Egg & Cheese Sandwich OR Cereal & 1 Slice WG Toast	10 Chocolate Chip French Toast OR Cereal & Graham Crackers	11 Yogurt & Fruit Parfaits w/ Granola
14 Assorted Cereals & Graham Crackers	15 Waffles & Syrup OR Cereal & 1 Slice WG Toast	16 Flatbread Egg & Cheese Sandwich OR Cereal & 1 Slice WG Toast	17 Assorted WG Muffins & Yogurt Cups OR Cereal & 1 Slice WG Toast	18 Pancakes & Syrup OR Cereal & 1 Slice WG Toast
	22 NO SCHOOL	23 NO SCHOOL	24 NO SCHOOL	25 NO SCHOOL
28 Cereal & 1 Slice WG Toast OR Graham Crackers	This USDA School is an Equal Opportunity Provider & Employer			

### Must Choose 3 Items Daily:

- Whole Grains:
- Daily Breakfast Entrée
- OR
- Cereal & Graham Crackers
- Fresh NYS Fruits
- OR
- Prepared Fruits (Applesauce-Peaches-Pears)
- 100% Chilled Juice
- And
- Non or Low Fat White
- OR Chocolate Milk