



BREAKFAST @SCHOOL

For first-class learning!

Prince George's County Elementary Schools

Featuring
Healthy Fruits
& Grains!

**BREAKFAST MENU
FOR FEBRUARY 2015**

USDA is an equal opportunity provider and employer.

"From the first, I made my learning, what little it was, useful every way I could."

Mary Bethune was the 15th of 17 children born to two ex-slaves in South Carolina in 1875. In 1904, she started a school for African-American girls in Florida which later became Bethune-Cookman College. She later served as an adviser to President Franklin Roosevelt and as a consultant to the panel developing the United Nations charter.



AFRICAN AMERICAN HISTORY MONTH

Learn more at www.usca.sc.edu/aasc/bethune.htm or do a search for Mary Bethune

Monday, February 2

Choose One:
Banana Bread +
General Mills Cereal
w/Graham Crackers +

Choose Up to Two:
Fresh Apple
Orange Juice

Choose One:
Assorted Milk

Tuesday, February 3

Choose One:
Egg, Turkey Sausage &
Cheese Stuffer
General Mills Cereal
w/Graham Crackers +

Choose Up to Two:
Mandarin Oranges
Grape Juice

Choose One:
Assorted Milk

Wednesday, February 4

Choose One:
Sausage Biscuit*
General Mills Cereal
w/Graham Crackers +

Choose Up to Two:
Orange Smiles
Apple Juice

Choose One:
Assorted Milk

Thursday, February 5

Choose One:
Southwestern Breakfast
Sliders +
General Mills Cereal
w/Graham Crackers +

Choose Up to Two:
Fresh Pear
Orange Juice

Choose One:
Assorted Milk

Friday, February 6

Choose One:
Trix Yogurt w/Graham
Crackers +
General Mills Cereal
w/Graham Crackers +

Choose Up to Two:
Pineapple Tidbits
Assorted Juices

Choose One:
Assorted Milk

Available Daily!

Daily Breakfast Offerings

Assorted General Mills Cereals w/Graham Crackers+

Seasonal Fresh Fruit & Fruit Cup
100% Fruit Juice

Milk: 1% Plain, Fat-Free Plain

Full student breakfast includes choice of one entree (grain or meat/meat alternate w/grain), up to two fruits and a choice of one milk.

¹ Fruit Parfait selection includes choice of one fruit only.

*Item Contains Pork

+Item is Meatless

Menus are subject to change.

Monday, February 9

Choose One:
Pillsbury Turkey Sausage
Sunrise Flatbread
General Mills Cereal
w/Graham Crackers +

Choose Up to Two:
Tropical Fruit Salad
Orange Juice

Choose One:
Assorted Milk

Tuesday, February 10

Choose One:
Turkey Bacon, Egg &
Cheese Pan Scramble
General Mills Cereal
w/Graham Crackers +

Choose Up to Two:
Fresh Apple
Grape Juice

Choose One:
Assorted Milk

Wednesday, February 11

Choose One:
Eggo Pancakes +
General Mills Cereal
w/Graham Crackers +

Choose Up to Two:
Pineapple Tidbits
Apple Juice

Choose One:
Assorted Milk

Thursday, February 12

Choose One:
Strawberry & Yogurt
Parfait w/Graham
Crackers +¹
General Mills Cereal
w/Graham Crackers +

Choose Up to Two:
Fresh Pear
Orange Juice

Choose One:
Assorted Milk



First things First

**NEW THIS YEAR
FOR YOUR
BREAKFAST
@SCHOOL!**

**For a
Complete Breakfast
select at least
ONE FRUIT and TWO
other food items.**

**Some choices may count as 2 items.
Please ask for help if you need it.**

Featuring Healthy Fruits & Grains!

MAKE TIME.



Adults should get at least 2.5 hours of moderate aerobic exercise a week. Kids and teens should get 60 total minutes of moderate to vigorous physical activity each day.

**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!**



A popular quick breakfast "down under" is buttered toast smeared with Vegemite, sometimes topped with cheese or avocado (as in this picture).

What's vegemite, you ask?

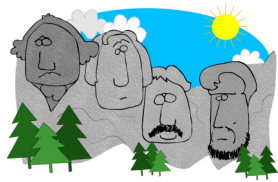
It's a salty paste made from

leftover brewer's yeast mixed with various vegetable additives and spices. Sounds delicious, Mate, doesn't it?

AUSTRALIA



Presidents' Day



February 16

No School

Tuesday, February 17

Kellogg's Jump Start +

Choose One:
Applesauce

Choose One:
Assorted Milk

Wednesday, February 18

Choose One:
Cinnamon Pancake Sandwich +
General Mills Cereal w/Graham Crackers +

Choose Up to Two:
Orange Smiles
Apple Juice

Choose One:
Assorted Milk

Thursday, February 19

Choose One:
Turkey Sausage Breakfast Pizza
General Mills Cereal w/Graham Crackers +

Choose Up to Two:
Fresh Pear
Orange Juice

Choose One:
Assorted Milk

Friday, February 20

Choose One:
Ham, Egg & Cheese Tac-Go*
General Mills Cereal w/Graham Crackers +

Choose Up to Two:
Pineapple Tidbits
Assorted Juices

Choose One:
Assorted Milk

Monday, February 23

Choose One:
Turkey Pancake Wrap on a Stick
General Mills Cereal w/Graham Crackers +

Choose Up to Two:
Tropical Fruit Salad
Orange Juice

Choose One:
Assorted Milk

Tuesday, February 24

Choose One:
Toast & Pork Sausage*
General Mills Cereal w/Graham Crackers +

Choose Up to Two:
Fresh Apple
Grape Juice

Choose One:
Assorted Milk

Wednesday, February 25

Choose One:
Pumpkin Bread +
General Mills Cereal w/Graham Crackers +

Choose Up to Two:
Pineapple Tidbits
Apple Juice

Choose One:
Assorted Milk

Thursday, February 26

Choose One:
Strawberry & Yogurt Parfait w/Graham Crackers +
General Mills Cereal w/Graham Crackers +

Choose Up to Two:
Fresh Pear
Orange Juice

Choose One:
Assorted Milk

Friday, February 27

Choose One:
Southwestern Breakfast Empanada +
General Mills Cereal w/Graham Crackers +

Choose Up to Two:
Applesauce
Assorted Juices

Choose One:
Assorted Milk