



BREAKFAST @SCHOOL

For first-class learning!

Prince George's County BIC & MMFA 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

MMFA
Strawberry Oatmeal Bar +

BIC
Strawberry Oatmeal Bar +
General Mills Cereal w/Graham Crackers +

Choose Up to Two:
Fresh Fruit
Orange juice

Choose One:
Assorted Milk

Tuesday, February 3

MMFA
Eggo Pancakes +

BIC
Eggo Pancakes +
General Mills Cereal w/Graham Crackers +

Choose Up to Two:
Fresh Fruit
Apple Juice

Choose One:
Assorted Milk

Wednesday, February 4

MMFA
General Mills Cereal w/Graham Crackers +

BIC
Pillsbury Turkey Sausage Sunrise Flatbread
General Mills Cereal w/Graham Crackers +

Choose Up to Two:
Fresh Fruit, Grape Juice

Choose One:
Assorted Milk

Thursday, February 5

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

Choose Up to Two:
Fresh Fruit
Apple Juice

Choose One:
Assorted Milk

Friday, February 6

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

Choose Up to Two:
Fresh Fruit
Assorted Juices

Choose One:
Assorted Milk

Available Daily!

Breakfast in the Classroom (BIC) is a PGCPs program providing free "Grab 'N' Go" breakfast at select Elementary and Middle Schools. All BIC Schools Offer Daily: Choice of Main Entrée OR General Mills Cereal w/Graham Crackers +.

Maryland Meals for Achievement (MMFA) is a PGCPs program providing free breakfast served in the classroom at select Elementary schools.

*Item contains pork + Item is meatless
Milk choices are 1% plain and fat-free plain

MENUS ARE SUBJECT TO CHANGE.

Monday, February 9

MMFA
Rise n' Shine Crunch Bar +

BIC
Rise n' Shine Crunch Bar +
General Mills Cereal w/Graham Crackers +

Choose Up to Two:
Fresh Fruit
Orange Juice

Choose One:
Assorted Milk

Tuesday, February 10

Choose One:
Beef Sausage Link on Bun
General Mills Cereal w/Graham Crackers +

Choose Up to Two:
Fresh Fruit
Apple Juice

Choose One:
Assorted Milk

Wednesday, February 11

MMFA
General Mills Cereal w/Graham Crackers +

BIC
Cinnamon Pancake Sandwich +
General Mills Cereal w/Graham Crackers +

Choose Up to Two:
Fresh Fruit, Grape Juice

Choose One:
Assorted Milk

Thursday, February 12

MMFA
Sausage Biscuit*

BIC
Sausage Biscuit*
General Mills Cereal w/Graham Crackers +

Choose Up to Two:
Fresh Fruit
Apple Juice

Choose One:
Assorted Milk

No School
Feb. 13th
Professional
Development
Day

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?

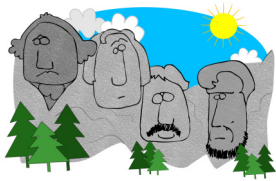
It's a salty paste made from

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

MMFA

Kellogg's Jump Start +

BIC

Kellogg's Jump Start +

Choose One:

Fresh Fruit

Choose One:

Assorted Milk

Wednesday, February 18

MMFA

Chicken Biscuit

BIC

Chicken Biscuit
General Mills Cereal
w/Graham Crackers +

Choose Up to Two:

Fresh Fruit
Grape Juice

Choose One:

Assorted Milk

Thursday, February 19

MMFA

Eggo Pancakes +

BIC

Eggo Pancakes +
General Mills Cereal
w/Graham Crackers +

Choose Up to Two:

Fresh Fruit
Apple Juice

Choose One:

Assorted Milk

Friday, February 20

MMFA

Egg & Cheese on Bun +

BIC

Egg & Cheese on Bun +
General Mills Cereal
w/Graham Crackers +

Choose Up to Two:

Fresh Fruit
Assorted Juices

Choose One:

Assorted Milk

Monday, February 23

MMFA

Banana Bread +

BIC

Banana Bread +
General Mills Cereal
w/Graham Crackers +

Choose Up to Two:

Fresh Fruit
Orange Juice

Choose One:

Assorted Milk

Tuesday, February 24

MMFA

Southwestern Egg &
Cheese Sliders +

BIC

Southwestern Egg &
Cheese Sliders +
General Mills Cereal
w/Graham Crackers +

Choose Up to Two:

Fresh Fruit, Apple Juice

Choose One:

Assorted Milk

Wednesday, February 25

MMFA

Pillsbury Blueberry
Waffles +

BIC

Pillsbury Blueberry
Waffles +
General Mills Cereal
w/Graham Crackers +

Choose Up to Two:

Fresh Fruit, Grape Juice

Choose One:

Assorted Milk

Thursday, February 26

MMFA

General Mills Cereal
w/Graham Crackers +

BIC

Chicken Biscuit
General Mills Cereal
w/Graham Crackers +

Choose Up to Two:

Fresh Fruit, Apple Juice

Choose One:

Assorted Milk

Friday, February 27

MMFA

Cinnamon Glazed Toast +

BIC

Cinnamon Glazed Toast +
General Mills Cereal
w/Graham Crackers +

Choose Up to Two:

Fresh Apple Slices
Assorted Juices

Choose One:

Assorted Milk