

First things First

BREAKFAST @SCHOOL

For first-class learning!

Prince George's County Secondary Schools

BREAKFAST MENUS FOR FEBRUARY 2015

USDA is an equal opportunity provider and employer.

Featuring Healthy Fruits & Grains!



"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:
- Warm Bagel w/Choice of Spread +
- Turkey Pancake Wrap on a Stick
- Assorted Muffins + Sausage Biscuit*
- Choose Up to Two:
- Fresh Apple
- Orange Juice
- Choose One:
- Assorted Milk

Tuesday, February 3

- Choose One:
- Egg, Turkey Sausage & Cheese Stuffer
- Cinnamon Roll + Breakfast Wrap + Sausage Biscuit*
- Choose Up to Two:
- Mandarin Oranges
- Grape Juice
- Choose One:
- Assorted Milk

Wednesday, February 4

- Choose One:
- Maple Pancake Wraps* Peanut Butter Jamwich + Turkey Bacon, Egg & Cheese Pan Scramble Sausage Biscuit*
- Choose Up to Two:
- Fresh Orange
- Apple Juice
- Choose One:
- Assorted Milk

Thursday, February 5

- Choose One:
- Pillsbury Waffles + Banana Bread + Turkey Sausage Breakfast Pizza Sausage Biscuit*
- Choose Up to Two:
- Fresh Pear
- Orange Juice
- Choose One:
- Assorted Milk

Friday, February 6

- Choose One:
- Yoplait Yogurt w/Graham Crackers + Cinnamon Pancake Sandwich + Chicken Biscuit Sausage Biscuit*
- Choose Up to Two:
- Pineapple Tidbits
- Assorted Juices
- Choose One:
- Assorted Milk

Monday, February 9

- Choose One:
- Toast & Pork Sausage* Turkey Sausage Breakfast Pizza Pillsbury Waffles + Sausage Biscuit*
- Choose Up to Two:
- Tropical Fruit Salad
- Orange Juice
- Choose One:
- Assorted Milk

Tuesday, February 10

- Choose One:
- Apple Cinnamon Roll + Strawberry & Yogurt Parfait w/Graham Crackers +¹ Turkey Bacon, Egg & Cheese Pan Scramble Sausage Biscuit*
- Choose Up to Two:
- Fresh Apple
- Grape Juice
- Choose One:
- Assorted Milk

Wednesday, February 11

- Choose One:
- Warm Bagel w/Choice of Spread + Cinnamon French Toast Sticks + Beef Sausage Link on Bun Sausage Biscuit*
- Choose Up to Two:
- Pineapple Tidbits
- Apple Juice
- Choose One:
- Assorted Milk

Thursday, February 12

- Choose One:
- Ham, Egg & Cheese Tac-Go* Assorted Muffins + Yoplait Yogurt & Graham Crackers + Sausage Biscuit*
- Choose Up to Two:
- Fresh Pear
- Orange Juice
- 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.

¹Fruit Parfait selection includes choice of one fruit only.

*Item Contains Pork
+Item is Meatless

Menus are subject to change.

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?

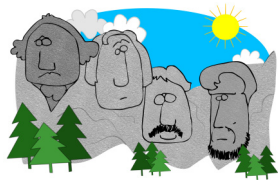
It's a salty paste made from

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

Choose One:
Southwestern Breakfast Empanada +
Egg, Turkey Sausage & Cheese Stuffer
Cinnamon Pancake Sandwich +
Sausage Biscuit*
Choose Up to Two:
Mandarin Oranges
Grape Juice
Choose One:
Assorted Milk

Wednesday, February 18

Choose One:
Turkey Sausage Breakfast Pizza²
Chicken Biscuit
Turkey Pancake Wrap on a Stick
Sausage Biscuit*
Choose Up to Two:
Fresh Orange
Apple Juice
Choose One:
Assorted Milk

Thursday, February 19

Choose One:
Banana Bread +
Warm Bagel w/Choice of Spread +
Yoplait Yogurt w/Graham Crackers +
Sausage Biscuit*
Choose Up to Two:
Fresh Pear
Orange Juice
Choose One:
Assorted Milk

Friday, February 20

Choose One:
Toast & Pork Sausage*
Peanut Butter Jamwich +
Assorted Muffins +
Sausage Biscuit*
Choose Up to Two:
Pineapple Tidbits
Orange Juice
Choose One:
Assorted Milk

Monday, February 23

Choose One:
Maple Pancake Wraps*
Turkey Sausage Breakfast Pizza
Pillsbury Waffles +
Sausage Biscuit*
Choose Up to Two:
Tropical Fruit Salad
Orange Juice
Choose One:
Assorted Milk

Tuesday, February 24

Choose One:
Apple Cinnamon Scone +
Old El Paso Fold n' Go w/Turkey Chorizo
Warm Bagel w/Choice of Spread +
Sausage Biscuit*
Choose Up to Two:
Fresh Apple
Grape Juice
Choose One:
Assorted Milk

Wednesday, February 25

Choose One:
Chicken Biscuit
Eggo Pancakes +
Cinnamon French Toast Sticks +
Sausage Biscuit*
Choose Up to Two:
Pineapple Tidbits
Apple Juice
Choose One:
Assorted Milk

Thursday, February 26

Choose One:
Egg & Cheese on Bun +
Turkey Pancake Wrap on a Stick
Ham, Egg & Cheese Tac-Go*
Sausage Biscuit*
Choose Up to Two:
Fresh Pear
Orange Juice
Choose One:
Assorted Milk

Friday, February 27

Choose One:
Yoplait Yogurt w/Graham Crackers +
Toast & Pork Sausage*
Cinnamon Bread +
Sausage Biscuit*
Choose Up to Two:
Applesauce
Assorted Juices
Choose One:
Assorted Milk