

# February 2018

## CROSS COUNTY SCHOOL DISTRICT

### BREAKFAST



This institution is an equal opportunity provider.  
 \*Menus are subject to change without notice\*  
 Meal Price: Reduced student: \$.30 Paid student: \$1.00.  
Extra milk: \$.40



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.  
**CEREAL OFFERED DAILY AT HIGH SCHOOL ONLY!**



### Monday

### Tuesday

### Wednesday

### Thursday

### Friday



French Toast Sticks **5**  
 Fruit  
 Milk & Juice

Pancakes **6**  
 Fruit  
 Milk & Juice

Donut **7**  
 Fruit  
 Milk & Juice

Pop Tart **1**  
 String Cheese  
 Fruit  
 Milk & Juice

Sausage & Biscuit **2**  
 Fruit  
 Milk & Juice

Muffin **12**  
 Yogurt  
 Fruit  
 Milk & Juice

French Toast Sticks **5**  
 Fruit  
 Milk & Juice

Pancakes **6**  
 Fruit  
 Milk & Juice

Donut **7**  
 Fruit  
 Milk & Juice

Cereal Bar **8**  
 Toast  
 Fruit  
 Milk & Juice

Ham & Cheese Croissant **13**  
 Fruit  
 Milk & Juice

French Toast Sticks **5**  
 Fruit  
 Milk & Juice

Honey Bun **14**  
 Fruit  
 Milk & Juice

Cereal Bar **8**  
 Toast  
 Fruit  
 Milk & Juice

Sausage & Biscuit **9**  
 Fruit  
 Milk & Juice

Dutch Waffle **15**  
 Fruit  
 Milk & Juice

Chicken & Biscuit **16**  
 Fruit  
 Milk & Juice

Breakfast Pizza **19**  
 Fruit  
 Milk & Juice

Pancake on a Stick **22**  
 Fruit  
 Milk & Juice

Sausage & Biscuit **23**  
 Fruit  
 Milk & Juice

Donut **26**  
 Fruit  
 Milk & Juice

Cereal Bar **27**  
 Toast  
 Fruit  
 Milk & Juice

Muffin **28**  
 Yogurt  
 Fruit  
 Milk & Juice

