



Jamestown Area School District

Elementary Breakfast Menu



February 2020

FREE to all students!

All students will be offered a free breakfast and lunch all year!

Monday	Tuesday	Wednesday	Thursday	Friday
3-Feb Berry Kix & Crackers Fruit Selection Choice of Milk	4-Feb WG Apple Muffin Fresh Fruit Selection Choice of Milk	5-Feb Mini Cinni Fresh Fruit Selection Choice of Milk	6-Feb Fruit Turnover WG Jungle Crackers Fruit Selection Choice of Milk	7-Feb Mini Donuts Fruit Selection Choice of Milk
10-Feb WG Cinnamon Toast Cereal with Crackers Fruit Selection Choice of Milk	11-Feb WG Banana Muffin 100 % Juice Choice of Milk	12-Feb Poptart with Crackers Fresh Fruit Selection Choice of Milk	13-Feb Cinnamon Chex Cereal Bowl WG Choc Elf Crackers 100% Juice Choice of Milk	14-Feb No School
17-Feb No School	18-Feb WG Choc Chip Muffin Fresh Fruit Selection Choice of Milk	19-Feb WG Mini Cinni Fresh Fruit Selection Choice of Milk	20-Feb WG Fruit Turnover WG Crackers 100% Juice Choice of Milk	21-Feb Mini Donuts Fruit Selection Choice of Milk
24-Feb WG Cocoa Puffs WG Crackers Fresh Fruit Selection Choice of Milk	25-Feb WG Blueberry Muffin Fresh Fruit Selection Choice of Milk	26-Feb Mini Maple Flavored Pancakes Fresh Fruit Selection Choice of Milk	27-Feb Apple Cinnamon WG Muffin Fresh Fruit Selection Choice of Milk	28-Feb WG Mini Strawberry Cream Filled Bagel Bites Fresh Fruit Selection Choice of Milk

This menu qualifies under the National School Nutrition Program guidelines for food based menu planning. Meeting criteria for Whole Grain-rich (WG), daily fruit and vegetables, calorie parameters, limiting sodium/trans fat/saturated fat & milk choice.

Fruit Variety: Red Delicious Apples, Oranges, Bananas, Applesauce, Peaches, Pears, Pineapple, Berries, Melon

Choice of Milk: Skim, 1%, Fat-Free Flavored

This institution is an equal opportunity provider.