



## BREAKFAST

# FEBRUARY 2023

## Sacred Heart School

Breakfast is free please enjoy  
a delicious breakfast with us!

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

**6**

Cereal and  
Pop-Tart/Nutrigrain Bar  
Diced Peaches  
Orange or Apple Juice  
Milk

**7**

Blueberry Muffin  
Applesauce  
Orange or Apple Juice  
Milk  
**Addison Breakfast pick**

**8**

Pancakes w/ Syrup  
Sausage  
Bananas  
Orange or Apple Juice  
Milk

**9**

Egg and Cheese  
on English Muffin  
Mandarin Oranges  
Orange or Apple Juice  
Milk

**10**

Cereal and  
Pop-Tart/Nutrigrain Bar  
Applesauce  
Orange or Apple Juice  
Milk

**13**

Cereal and  
Pop-Tart/Yogurt  
Pineapple Tidbits  
Orange or Apple Juice  
Milk

**14**

Cinnamon Roll  
Applesauce  
Orange or Apple Juice  
Milk

**15**

Pancakes w/ Syrup  
Sausage  
Oranges  
Orange or Apple Juice  
Milk

**16**

Cereal and  
Pop-Tart/String Cheese  
Bananas  
Orange or Apple Juice  
Milk

**17**

French Toast Sticks  
w/ Syrup  
Diced Peaches  
Orange or Apple Juice  
Milk

**20**

Cereal and  
Pop-Tart/Nutrigrain Bar  
Diced Peaches  
Orange or Apple Juice  
Milk

**21**

Blueberry Muffin  
Applesauce  
Orange or Apple Juice  
Milk

**22**

Pancakes w/ Syrup  
Sausage  
Bananas  
Orange or Apple Juice  
Milk

**23**

Egg and Cheese  
on English Muffin  
Mandarin Oranges  
Orange or Apple Juice  
Milk

**24**

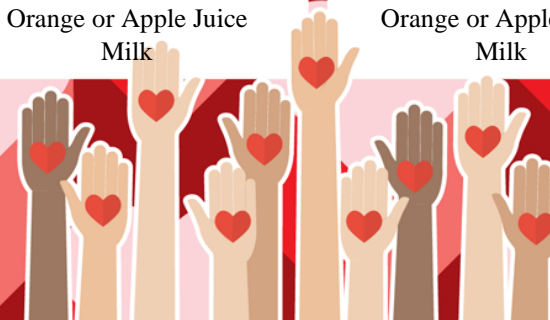
Cereal and  
Pop-Tart/Nutrigrain Bar  
Applesauce  
Orange or Apple Juice  
Milk

**27**

Cereal and  
Pop-Tart/Yogurt  
Pineapple Tidbits  
Orange or Apple Juice  
Milk

**28**

Cinnamon Roll  
Applesauce  
Orange or Apple Juice  
Milk



Choice of Milk:  
Fat Free Chocolate  
1% White

Build a better breakfast:  
Start with 1-2 fruits  
Include 1-2 grains  
Your meal must include a fruit and 2 components

Menu is subject to change.  
We are an equal opportunity  
provider and employer.