

# INDIAN RIVER SCHOOL DISTRICT February 2010 Breakfast Menu

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### Items Offered Daily

Assorted cereal and graham crackers  
Fruity Cheerios cereal bar & graham crackers  
Yogurt & graham crackers

*Menu subject to change  
without notice.*



School breakfast provides a nutritious morning meal that meets one-fourth of children's daily needs for calories and key nutrients including calcium.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> Piggle stick Syrup Fruit or juice Low fat milk	<b>2</b> Belgian waffle stick Syrup Fruit or juice Low fat milk	<b>3</b> Chef's Choice Fruit or juice Low fat milk	<b>4</b> Egg patty / scrambled egg Hash browns Whole wheat toast Fruit or juice Low fat milk	<b>5</b> Breakfast pizza Fruit or juice Low fat milk
<b>8</b> Wild blueberry muffin Fruit or juice Low fat milk	<b>9</b> Breakfast hot pocket Fruit or juice Low fat milk	<b>10</b> Sausage biscuit Fruit or juice Low fat milk	<b>11</b> Pancakes Syrup Fruit or juice Low fat milk	<b>12</b> Breakfast pizza Fruit or juice Low fat milk
<b>15</b> <b>NO SCHOOL</b>  <b>Presidents Day</b>	<b>16</b> French toast sticks Syrup Fruit or juice Low fat milk	<b>17</b> Banana muffin Fruit or juice Low fat milk	<b>18</b> Egg patty / scrambled egg Hash browns Whole wheat toast Fruit or juice Low fat milk	<b>19</b> Breakfast pizza Fruit or juice Low fat milk
<b>22</b> Cinnamon roll Fruit or juice Low fat milk	<b>23</b> Breakfast hot pocket Fruit or juice Low fat milk	<b>24</b> Sausage biscuit Fruit or juice Low fat milk	<b>25</b> Toasted bagel Low fat cream cheese Fruit or juice Low fat milk	<b>26</b> Breakfast pizza Fruit or juice Low fat milk