

February 2018

Breakfast



EAST AUSTIN MIDDLE/HIGH SCHOOL

Monday	Tuesday	Wednesday	Thursday	Friday
January 29, 2018	January 30, 2018	January 31, 2018	February 1, 2018	February 2, 2018
			BEEF SAUSAGE SLIDER ^ Fresh Orange Blended Fruit Juice Assorted Jelly Choice of Milk	FROSTED CORN FLAKES ^ Graham Crackers ^ Fresh Apple Choice of Milk
February 5, 2018	February 6, 2018	February 7, 2018	February 8, 2018	February 9, 2018
CINNAMON CHEX ^ Strawberry Pancake Square ^ Craisins Grape Juice Choice of Milk	TURKEY HAM & CHEESE ON ENGLISH MUFFIN ^ Diced Pears Orange Juice Choice of Milk	TRIX ^ Graham Crackers ^ Fresh Apple Choice of Milk	PANCAKES ^ Fresh Banana Apple-Cranberry Juice Syrup Choice of Milk	MOZZARELLA CHEESE STICK Pumpkin Loaf ^ Fresh Apple Choice of Milk
February 12, 2018	February 13, 2018	February 14, 2018	February 15, 2018	February 16, 2018
COCOA PUFFS ^ Graham Crackers ^ Craisins Orange Juice Choice of Milk	MAPLE BROWN SUGAR OATMEAL ^ Banana Muffin ^ Grape Juice Diced Pears Choice of Milk	MOZZARELLA CHEESE STICK Lemon Mini Loaf ^ Fresh Apple Choice of Milk	FRENCH TOAST STICKS ^ Syrup Fresh Orange Mixed Fruit Cup Choice of Milk	MULTI GRAIN CHEERIOS^ Maple Breakfast Square ^ Fresh Apple Choice of Milk
February 19, 2018	February 20, 2018	February 21, 2018	February 22, 2018	February 23, 2018
PRESIDENTS DAY	CINNAMON TOAST CRUNCH ^ Vanilla Waffle Square ^ Craisins Mixed Fruit Cup Choice of Milk	VANILLA YOGURT Granola ^ Fresh Apple Choice of Milk	STRAWBERRY PANCAKES ^ Fresh Banana Orange Juice Choice of Milk	FRUITY CHEERIOS ^ Graham Crackers ^ Fresh Apple Choice of Milk
February 26, 2018	February 27, 2018	February 28, 2018	March 1, 2018	March 2, 2018
RASPBERRY YOGURT Granola ^ Craisins Apple-Cranberry Juice Choice of Milk	WAFFLES ^ Mixed Fruit Cup Orange Juice Syrup Choice of Milk	RICE CHEX ^ Blueberry Muffin ^ Fresh Apple Choice of Milk		

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK. ** MENU SUBJECT TO CHANGE **

^ Denotes item is whole-grain/whole wheat

*** This institution is an equal opportunity provider.

Healthy!

www.PreferredMealsMenu.com



In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at:

http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov.