

# February

## UNITIZED BREAKFAST



Monday	Tuesday	Wednesday	Thursday	Friday
			Zac Omega Blackberry Bar (DF) String Cheese/Skeeter Cinnamon Grahams 1	Multigrain Cheerios Cereal/Mini Dipperdoodle Bar (DF) Yogurt/Educational Snacks 2
Corn Chex Cereal/Zac Attack Strawberry Bar (DF) Mini Dipperdoodle Bar/String Cheese 5	Blueberry Bagels/Cream Cheese French Toast Muffin 6	Zac Omega Blackberry Bar (DF) Yogurt/Educational Snacks 7	Plain Bagel/Cream Cheese Blueberry Muffin 8	Cinnamon Chex Cereal/Zac Attack Strawberry Bar (DF) String Cheese/Skeeter Cinnamon Grahams 9
Cherrios Cereal/Mini Dipperdoodle Bar (DF) Zees Zee's Berry Apple Crisp Bar (DF) 12	Skeeter Honey Grahams/Cinnamon Rumbles (DF) Lemon Muffin 13	Yogurt/Granola Cheerios Cereal/Zac Attack Apple Bar (DF) 14	Blueberry Bagel/Cream Cheese Dipperdoodle Bar (DF) 15	HOLIDAY 16
HOLIDAY 19	Shelf Stable: Cinnamon Chex Cereal/ Honey Grahams 20	Plain Bagel/Cream Cheese Banana Muffin 21	Blueberry Muffin Hard Boiled Egg/Dinner Roll 22	Mini Dipperdoodle Bar/String Cheese Yogurt/Educational Snacks 23
Zee Zee's Berry Apple Crisp Bar (DF) Corn Chex Cereal/ Mini Dipperdoodle Bar (DF) 26	String Cheese/Skeeter Cinnamon Grahams Lemon Muffin 27	Plain Bagel/Cream Cheese Yogurt/Granola 28		

### Did you know?

Studies show that students who eat breakfast at school perform better on tests and have improved concentration, alertness, comprehension, memory, and learning!

