



Green Island UFSD Breakfast Menu

February 2017

30 February is Black History Month as well as American Heart Month.

side items

31 February 2nd is Groundhog Day. February 14th is Valentines Day.

side items

1 Whole Grain Bagel w/ Cream Cheese
1/2 Cup Applesauce

side items
Apple Juice or Orange Juice
1% White or Skim Milk

2 Whole Grain Pancakes w/ Syrup
Sausage Patty
1/2 Cup Diced Pears

side items
Apple Juice or Orange Juice
1% White or Skim Milk

3 Whole Grain Blueberry Muffin
1/2 Cup Fruit Cocktail

side items
Apple Juice or Orange Juice
1% White or Skim Milk

6 Whole Grain Bagel w/ Cream Cheese
1/2 Cup Pears

side items
Apple Juice or Orange Juice
1% White or Skim Milk

7 Whole Grain Pancakes w/ Syrup
Sausage Patty
1/2 Cup Fruit Cocktail

side items
Apple Juice or Orange Juice
1% White or Skim Milk

8 Whole Grain Waffles
Sausage Patty
1/2 Cup Applesauce

side items
Apple Juice or Orange Juice
1% White or Skim Milk

9 Whole Grain Blueberry Muffin
1/2 Cup Fruit Cocktail

side items
Apple Juice or Orange Juice
1% White or Skim Milk

10 French Toast Sticks
Sausage Patty
1/2 Cup Fruit Cocktail

side items
Apple Juice or Orange Juice
1% White or Skim Milk

13 Whole Grain Bagel w/ Cream Cheese
1/2 Cup Pears

side items
Apple Juice or Orange Juice
1% White or Skim Milk

14 Valentine's Day
Scrambled Eggs w 1/2 Whole Grain Bagel
1/2 Cup of Fruit Cocktail

side items
Apple Juice or Orange Juice
1% White or Skim Milk

15 Egg and Cheese on Whole Grain Bagel
1/2 Cup of Applesauce

side items
Apple Juice or Orange Juice
1% White or Skim Milk

16 Whole Grain Pancakes w/ Syrup
Sausage Patty
1/2 Cup of Mixed Fruit

side items
Apple Juice or Orange Juice
1% White or Skim Milk

17 Whole Grain Waffles
Sausage Patty
1/2 Cup of Mixed Fruit

side items
Apple Juice or Orange Juice
1% White or Skim Milk

20 Presidents Day
No School

side items

21 Winter Recess
No School

side items

22 Winter Recess
No School

side items

23 Winter Recess
No School

side items

24 Winter Recess
No School

side items

27 Whole Grain Bagel w/ Cream Cheese
1/2 Cup Pears

side items
Apple Juice or Orange Juice
1% White or Skim Milk

28 Whole Grain Pancakes w/ Syrup
Sausage Patty
1/2 Cup Fruit Cocktail

side items
Apple Juice or Orange Juice
1% White or Skim Milk

1 The February Flower is the Violet.

side items

2 The fruit of the month is Fresh Oranges.
February 3rd is National Wear Red Day.

side items

3 Breakfast and Lunch is Free to All Elementary Students at Green Island. Please take advantage of this great program.

side items



Questions? Please contact Brian Nolan
Food Service Director
237-9100 x 1411

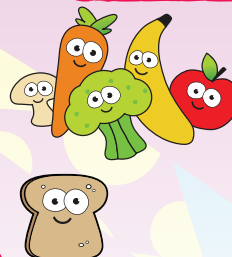
Local ingredients are always used when in season

Ovo-Lacto Vegetarian, may contain Egg & Milk

Nutritional Messages may vary by school.

This institution is an equal opportunity provider.

Breakfast is FREE to all STUDENTS!



Eat Healthy - Fuel Up!

1% White, Skim or Fat Free Chocolate Milk Available Daily!

