

Cold cereal Variety

100 % Fruit Juice

Cheese stick

Fruit

Breakfast Burrito

Fruit cup

100% Fruit Juice



Muffins

Cheese Stick

Fruit cup

100 % Fruit juice

French Toast

Fruit cup

100% Fruit Juice

Potatoes

Scrambled eggs

Sausage patty

Fruit cup

No

School

Breakfast Cookie

Fruit

Cheese stick

Biscuit and Gravy

Apples

100% Fruit Juice

Breakfast Pizza

Fruit cup

100% fruit juice

Fruit and Grain Bar

Cheese Stick

Orange

Pancake sausage on a stick

Fruit cup

100 % Fruit Juice

Oatmeal

Apple

Cheese stick

Dried fruit

Bagel and Cream cheese

Fruit cup

100 % Fruit Juice

1% white milk

Nonfat chocolate served with each meal

Preschool is required to have 1% white Milk only

Water is available

**FEBRUARY 2022**

Salmon River School District 243

Muffins

Cheese Stick

Fruit cup

100 % Fruit juice

Breakfast Burrito

Fruit cup

100% Fruit Juice

Peanut Butter and Jelly

Fresh Fruit

Juice