

FEBRUARY 2012 DWIGHT COMMON GRADE SCHOOL DISTRICT 232 BREAKFAST MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast \$1.50 Milk 55¢ 5 day ticket \$7.50		1 English Muffin w/Peanut Butter Orange Wedges CHOICE OF CEREAL OR BOILED EGG w/Toast	2 Super Doughnut Cinnamon Apple Slices CHOICE OF CEREAL OR BOILED EGG w/Toast	3 Cheesy Eggs w/Toast Sweet Pears CHOICE OF CEREAL OR BOILED EGG w/Toast
6 French Toast Sticks w/Syrup Cinnamon Applesauce CHOICE OF CEREAL OR BOILED EGG w/Toast	7 Breakfast Sausage Pizza* Diced Peaches CHOICE OF CEREAL OR BOILED EGG w/Toast	8 STICKER DAY Homemade Muffin Banana CHOICE OF CEREAL OR BOILED EGG w/Toast	9 English Muffin Sandwich 100% Apple Juice CHOICE OF CEREAL OR BOILED EGG w/Toast	10 Pancake Sandwich Orange Wedges CHOICE OF CEREAL OR BOILED EGG w/Toast
13 Cheesy Eggs Orange Wedges CHOICE OF CEREAL OR BOILED EGG w/Toast	14 Happy Valentine's Day Cinnamon Roll Rosy Applesauce CHOICE OF CEREAL OR BOILED EGG w/Toast	15 Egg & Cheese Hot Pocket 100% Apple Juice CHOICE OF CEREAL OR BOILED EGG w/Toast	16 Breakfast Burrito* CHOICE OF CEREAL OR BOILED EGG w/Toast	17 Bagel w/Cream Cheese Apple CHOICE OF CEREAL OR BOILED EGG w/Toast
20 <i>No School</i>	21 French Toast Sticks w/Syrup Sweet Pears CHOICE OF CEREAL OR BOILED EGG w/Toast	22 Country Biscuit w/Sausage Gravy* 100% Apple Juice CHOICE OF CEREAL OR BOILED EGG w/Toast	23 Raspberry Breakfast Round Diced Peaches CHOICE OF CEREAL OR BOILED EGG w/Toast	24 Super Doughnut Orange Wedges CHOICE OF CEREAL OR BOILED EGG w/Toast
27 Waffles w/Syrup 100% Pineapple Juice CHOICE OF CEREAL OR BOILED EGG w/Toast	28 STICKER DAY Oatmeal Cookie Cereal Diced Peaches CHOICE OF CEREAL OR BOILED EGG w/Toast	29 English Muffin w/Peanut Butter Orange Wedges CHOICE OF CEREAL OR BOILED EGG w/Toast		


**Make Choices for a
Healthy lifestyle!**

Eat a variety of foods

**Eat more fruits,
vegetables & grains**

**Eat lower fat foods
more often**

**Get your calcium rich
foods**



**Questions about
the menu?**

 Call
815-584-6226
 Sharon Soto
 A comprehensive
 Nutrition & Allergy
 Guide is available
 in the Food Service
 Office.

PLEASE NOTE

Menu changes may be necessary. Notice will be given when possible.
 1% and fat free milk offered daily. *Contains pork

