

# FEBRUARY 2012 DWIGHT TOWNSHIP HIGH SCHOOL DISTRICT 230 BREAKFAST MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Breakfast \$1.50</i></p> <p><i>Milk .55</i></p>		1 Bagel w/Cream Cheese Orange Wedges	2 Blueberry Muffin 100% Pineapple Juice	3 French Toast Sticks w/Syrup Diced Peaches
6 English Muffin w/Peanut Butter Sweet Pears	7 Pancakes w/Syrup 100% Apple Juice	8 Breakfast Burrito Diced Peaches	9 Waffles w/Syrup Orange Wedges	10 English Muffin Egg Sandwich Applesauce
13 Cheesy Eggs w/Toast Pineapple Tidbits	14 Super Donut Cinnamon Applesauce	15 Bagel w/Cream Cheese Orange Wedges	16 Raspberry Breakfast Round 100% Pineapple Juice	17 French Toast Sticks w/Syrup Diced Peaches
20 No School	21 Pancakes w/Syrup 100% Apple Juice	22 Breakfast Burrito Diced Peaches	23 Waffles w/Syrup Applesauce	24 English Muffin Egg Sandwich Applesauce
27 Cheesy Eggs w/Toast Pineapple tidbit	28 Super Donut Cinnamon Applesauce	29 Bagel w/Cream Cheese Orange Wedges		

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

Be physically active

**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

