

# February 2020

Vinalhaven School

BREAKFAST



## School Information:

February Vacation: 2/17-2/21  
\*\*\* Fruit and Milk are served daily \*\*\*



**Nutrition Tip:** Ready-to-eat cereal consumption encourages milk consumption. In children, at least 76% of cereal is consumed with milk.  
Reference: NHANES 13-14



## Monday

WG Cereal  
Fruit & Milk

3

## Tuesday

WG Toast (2 pieces)  
Fruit & Milk

4

## Wednesday

Hard-boiled egg & Sausage patty  
Fruit & Milk

5

## Thursday

French Toast Bar  
Fruit & Milk

6

## Friday

WG Cereal  
Fruit & Milk

7

WG Cereal  
Fruit & Milk

10

WG Bagel  
Fruit & Milk

11

WG Waffles  
Fruit & Milk

12

Sausage Breakfast Sandwich  
Fruit & Milk

13

WG Cereal  
Fruit & Milk

14

NO SCHOOL

17

NO SCHOOL

18

NO SCHOOL

19

NO SCHOOL

20

NO SCHOOL

21

WG Cereal  
Fruit & Milk

24

WG Toast (2 pieces)  
Fruit & Milk

25

Egg in a nest!  
Fruit & Milk

26

Granola Bar & Fruit

27

WG Cereal  
Fruit & Milk

28

