

February 2019

Bartow Middle/Compass Charter

BREAKFAST



School Information:

Feb 6th: EARLY RELEASE
 Feb 15th: Teacher work day-No School
 Feb 18th: Presidents Day-No School



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday



Tuesday

Wednesday

Thursday

Friday

4
 Mini pancakes
 Assorted cereal
 Graham crackers
 Cheese sticks
 Fresh fruit
 Fruit cup

5
 Breakfast burritos
 Assorted cereal
 Sliced toast w/jelly
 Hard boiled egg
 Fresh fruit
 Fruit juice

6
 Egg & cheese melt
 Assorted cereal
 Graham crackers
 Cheese sticks
 Fresh fruit
 Fruit cup

EARLY
 RELEASE

7
 cinnamon twist bar
 assorted cereal
 sliced toast w/jelly
 yogurt cup
 fresh fruit
 fruit juice

1
 Breakfast tornado
 Assorted cereal
 Graham crackers
 PNB Cups
 Fresh fruit
 Fruit cup

8
 Breakfast pizza sliders
 Assorted cereal
 Graham crackers
 PNB cups
 Fresh fruit
 Fruit juice

11
 Pancake mini wraps
 Assorted cereal
 Graham crackers
 Cheese stick
 Fresh fruit
 Fruit cup

12
 Chorizo egg burritos
 Assorted cereal
 Sliced toast w/jelly
 Hard boiled egg
 Fresh fruit
 Fruit juice

13
 Chicken biscuit w/jelly
 Assorted cereal
 Graham crackers
 Cheese sticks
 Fresh fruit
 Fruit cup

14
 Maple french toast sticks
 Assorted cereal
 Sliced toast w/jelly
 Yogurt cup
 fresh fruit
 Fruit juice

VALENTINES
 DAY

NO SCHOOL

18
PRESIDENTS DAY
NO SCHOOL

19
 Mini waffles
 Assorted cereal
 Sliced toast w/jelly
 Hard boiled eggs
 Fresh fruit
 Fruit juice

20
 Sausage biscuit w/jelly
 Assorted cereal
 Graham crackers
 Cheese sticks
 Fresh fruit
 Fruit cup

21
 Egg & cheese omelet
 Mini muffins
 Assorted cereal
 Sliced toast w/jelly
 Yogurt cup
 Fresh fruit
 Fruit juice

22
 Breakfast tornado
 Assorted cereal
 Graham crackers
 PNB Cup
 Fresh fruit
 Fruit cup

25
 Mini pancakes
 Assorted cereal
 Graham crackers
 Cheese sticks
 Fresh fruit
 Fruit cup

26
 Breakfast burrito
 Assorted cereal
 Sliced toast w/jelly
 Hard boiled egg
 Fresh fruit
 Fruit juice

27
 Egg & cheese melt
 Assorted cereal
 Graham crackers
 Cheese sticks
 Fresh fruit
 Fruit cup

28
 Cinnamon twist bar
 Assorted cereal
 Sliced toast w/jelly
 Yogurt cup
 Fresh fruit
 Fruit juice

