

# What's on the Menu?

## Alleghany K-8 Breakfast: February 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<sup>5</sup> <b>Blueberry Bash Waffles</b>  <b>Assorted Cereal</b>  <b>Whole Grain Toast</b>  Fruit Assorted Juice Milk	<sup>6</sup> <b>Sausage Biscuit</b>  <b>Poptart</b>  <b>Whole Grain Toast</b>  Fruit Assorted Juice Milk	<sup>7</sup> <b>Pillsbury Triple Berry French Toast</b> <b>Assorted Cereal</b>  <b>Whole Grain Toast</b>  Fruit Assorted Juice Milk	<sup>8</sup> <b>Bacon Egg Cheese Biscuit</b>  <b>Poptart</b>  <b>Whole Grain Toast</b>  Fruit Assorted Juice Milk	<sup>9</sup> <b>Breakfast Sausage Pizza</b>  <b>Assorted Cereal</b>  <b>Whole Grain Toast</b>  Fruit Assorted Juice Milk
<sup>12</sup>	<sup>13</sup> <b>Biscuit with Peppered Gravy</b>  <b>Poptart</b>  <b>Whole Grain Toast</b>  Fruit Assorted Juice Milk	<sup>14</sup> <b>Eggo Confetti Pancakes</b>  <b>Assorted Cereal</b>  <b>Whole Grain Toast</b>  Fruit Assorted Juice Milk	<sup>15</sup> <b>Sausage Biscuit</b>  <b>Poptart</b>  <b>Whole Grain Toast</b>  Fruit Assorted Juice Milk	<sup>16</sup> <b>Breakfast Sausage Pizza</b>  <b>Assorted Cereal</b>  <b>Whole Grain Toast</b>  Fruit Assorted Juice Milk
<sup>19</sup> <b>Blueberry Bash Waffles</b>  <b>Assorted Cereal</b>  <b>Whole Grain Toast</b>  Fruit Assorted Juice Milk	<sup>20</sup> <b>Chicken Biscuit</b>  <b>Poptart</b>  <b>Whole Grain Toast</b>  Fruit Assorted Juice Milk	<sup>21</sup> <b>Pillsbury Triple Berry French Toast</b> <b>Assorted Cereal</b>  <b>Whole Grain Toast</b>  Fruit Assorted Juice Milk	<sup>22</sup> <b>Bacon Egg Cheese Biscuit</b>  <b>Poptart</b>  <b>Whole Grain Toast</b>  Fruit Assorted Juice Milk	<sup>23</sup> <b>Breakfast Sausage Pizza</b>  <b>Assorted Cereal</b>  <b>Whole Grain Toast</b>  Fruit Assorted Juice Milk
<sup>26</sup> <b>Mini Maple Waffles</b>  <b>Assorted Cereal</b>  <b>Whole Grain Toast</b>  Fruit Assorted Juice Milk	<sup>27</sup> <b>Biscuit with Peppered Gravy</b>  <b>Poptart</b>  <b>Whole Grain Toast</b>  Fruit Assorted Juice Milk	<sup>28</sup> <b>Eggo Confetti Pancakes</b>  <b>Assorted Cereal</b>  <b>Whole Grain Toast</b>  Fruit Assorted Juice Milk	<sup>29</sup> <b>Chicken Biscuit</b>  <b>Poptart</b>  <b>Whole Grain Toast</b>  Fruit Assorted Juice Milk	<sup>1</sup> <b>Breakfast Sausage Pizza</b>  <b>Assorted Cereal</b>  <b>Whole Grain Toast</b>  Fruit Assorted Juice Milk

All students must select at least 1/2 cup of fruit with their reimbursable meal. A full student breakfast includes a choice of one (1) entrée supplying protein and/or grain, up to two (2) fruit side dishes (one (1) can be a fruit juice, and one (1) milk. Milk choices include skim white, 1% white, and skim chocolate.