



The School District of Palm Beach County

www.palmbeachschools.org/sfs

Grab & Go Breakfast February 2012



Parents are encouraged to prepay online for students meals. The link is provided on our website.

Monday

Tuesday

Wednesday

Thursday

Friday

 <p>To find nutrition facts about school meals, visit Health-e Living! The link is provided on our website!</p>	 <p>Online Meal Payments</p>	<p>1 Breakfast Quesadilla Assorted Cold Cereal Graham Crackers</p>	<p>2 Sausage & Cheese Breakfast Bagel Maple Chip Pancakes</p>	<p>3 Ham & Cheese Stuffed Biscuit Assorted Cold Cereal Graham Crackers</p>
<p>6 Cinnamon French Toast Breakfast Breaks</p>	<p>7 Cheese Omelet Honey Wheat Biscuit Blueberry Waffle</p>	<p>8 Pancake Sausage Sandwich Assorted Cold Cereal Graham Crackers</p>	<p>9 Breakfast Burrito Breakfast Rounds</p>	<p>10 Mini Breakfast Sandwich Assorted Cold Cereal Graham Crackers</p>
<p>13 Pancake Sausage Wrap Breakfast Breaks</p>	<p>14 Breakfast Pocket Honey Wheat Donut</p>	<p>15 Breakfast Quesadilla Assorted Cold Cereal Graham Crackers</p>	<p>16 Sausage & Cheese Breakfast Bagel Maple Chip Pancakes</p>	<p>17 Ham & Cheese Stuffed Biscuit Assorted Cold Cereal Graham Crackers</p>
<p>20 President's Day </p>	<p>21 Cheese Omelet Honey Wheat Biscuit Blueberry Waffle</p>	<p>22 Pancake Sausage Sandwich Assorted Cold Cereal Graham Crackers</p>	<p>23 Breakfast Burrito Frudel</p>	<p>24 Mini Breakfast Sandwich Assorted Cold Cereal Graham Crackers </p>
<p>27 Pancake Sausage Wrap Breakfast Breaks</p>	<p>28 Breakfast Pocket Honey Wheat Donut</p>	<p>29 Breakfast Quesadilla Assorted Cold Cereal Graham Crackers</p>	<p>February is American Heart Month! Focus on the prevention of cardiovascular disease:</p> <ul style="list-style-type: none"> • Get the whole family physically active. Take walks, ride bikes, go swimming, garden or play tag. • Make a game of reading food labels to choose healthy, low-fat, high-fiber foods. 	
<p>For a complete meal, students may select one entrée that can include a GRAIN/BREAD, MEAT/MEAT ALTERNATE, ONE FRUIT CHOICE (FRESH FRUIT, CUPPED FRUIT OR 100% FRUIT JUICE) and a CHOICE OF MILK Menu is subject to changes.</p>				

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