February 2019		Transitions Breakfas		STO CITY SCHOOLS
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meal Prices	1/	2 pint milk served with each mea	ıl.	Energy Island has a variety of
Breakfast served at no	Menu subject to change without notice.			fruits and vegetables available
	See mcsnutrition.org for nutrition information.			with ranch dressing for dipping.
charge	See meshatition.org for natrition information.			with ranch dressing for dipping.
				1 Whole Grain
	FFDDI			Blueberry Square
				Yogurt, Fresh Fruit
				X-Ray Vision Carrots
4 Whole Grain	5 Whole Grain	6 Whole Grain	7 Chicken Sausage on a	8 Whole Grain
Cinnamon Pancakes	Sausage Breakfast Square	Chocolate Muffin	Whole Grain Breakfast Roll	Apple Cinnamon Square
Fresh Fruit	Fresh Fruit	Yogurt, Fresh Fruit	Fresh Fruit, Orange Juice	Yogurt, Fresh Fruit
X-Ray Vision Carrots	X-Ray Vision Carrots	X-Ray Vision Carrots	X-Ray Vision Carrots	X-Ray Vision Carrots
11	12	13	14	15
	Whole Grain	Whole Grain	Whole Grain	Whole Grain
President's	Sausage Breakfast Square	Oatmeal Chocolate Chip Muffin	Mini Cinnis	Blueberry Square
Dava	Fresh Fruit, Orange Juice	Yogurt, Fresh Fruit	Fresh Fruit	Yogurt, Fresh Fruit
	X-Ray Vision Carrots	X-Ray Vision Carrots	X-Ray Vision Carrots	X-Ray Vision Carrots
18	19	20	21	22
	Whole Grain	Whole Grain	Chicken Sausage on a	Whole Grain
	Sausage Breakfast Square	Chocolate Muffin	Whole Grain Breakfast Roll	Apple Cinnamon Square
	Fresh Fruit	Yogurt, Fresh Fruit	Fresh Fruit, Orange Juice	Yogurt, Fresh Fruit
	X-Ray Vision Carrots	X-Ray Vision Carrots	X-Ray Vision Carrots	X-Ray Vision Carrots
25	26	27	28	
Whole Grain	Whole Grain	Whole Grain	Whole Grain	
Confetti Pancakes	Sausage Breakfast Square	Oatmeal Chocolate Chip Muffin	Mini Cinnis	
Fresh Fruit	Fresh Fruit, Orange Juice	Yogurt, Fresh Fruit	Fresh Fruit	
X-Ray Vision Carrots	X-Ray Vision Carrots	X-Ray Vision Carrots	X-Ray Vision Carrots	
1/2 pint milk served with each meal. Menu subject to change.				