

Elementary MVI Highlands Nantahala Union Breakfast

Milk Choices:
 1% Low Fat
 Fat Free Chocolate
 Fat Free Strawberry
 Fat Free Vanilla

Meal Prices:
 Breakfast is free to
 ALL students

Reduced : \$.40
 Full Pay
 (k-4) \$2.55
 (5-8) \$2.75
 (9-12) \$2.85

USDA
 REGULATION:
 Students MUST take
 1/2 cup of fruit or
 vegetable with
 Breakfast and Lunch



**five two one
 almost none**

This institution is an equal
 opportunity provider.
 Menu subject to change.

			Thursday Feb 1	Friday Feb 2
			French Toast Sticks* Poptarts* Orange Apple Juice Milk	Biscuit and Gravy Cereal* Apple Orange Juice Milk
Monday Feb 5	Tuesday Feb 6	Wednesday Feb 7	Thursday Feb 8	Friday Feb 9
Piggle Stick* Poptart* Banana Grape Juice Milk	Scrambled Eggs Whole Wheat Toast* Cereal* Orange Apple Juice Milk	Sausage Biscuit* Poptart* Apple Orange Juice Milk	Mini Cinni* Cereal* Banana Grape Juice Milk	Biscuits and Gravy Poptart* Orange Apple Juice Milk
Monday Feb 12	Tuesday Feb 13	Wednesday Feb 14	Thursday Feb 15	Friday Feb 16
Oatmeal Cinnamon Toast* Cereal* Apple Orange Juice Milk	Pumpkin Bread* Poptart* Banana Grape Juice Milk	Chicken Biscuit* Cereal* Orange Apple Juice Milk	Donut* Poptart* Apple Orange Juice Milk	Biscuits and Gravy Cereal* Banana Grape Juice Milk
Monday Feb 19	Tuesday Feb 20	Wednesday Feb 21	Thursday Feb 22	Friday Feb 23
Breakfast Pizza* Cereal* Orange Apple Juice Milk	Blueberry Muffin* Poptart* Apple Orange Juice Milk	Chicken Biscuit* Cereal* Banana Grape Juice Milk	French Toast Sticks* Poptarts* Orange Apple Juice Milk	Biscuit and Gravy Cereal* Apple Orange Juice Milk
Monday Feb 26	Tuesday Feb 27	Wednesday Feb 28		
Piggle Stick* Poptart* Banana Grape Juice Milk	Scrambled Eggs Whole Wheat Toast* Cereal* Orange Apple Juice Milk	Sausage Biscuit* Poptart* Apple Orange Juice Milk		

* Notes food items that contain or are whole grain.