



FEBRUARY | 2018

CHATTANOOGA GIRLS LEADERSHIP ACADEMY BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 2 Whole Grain Biscuits Choice of Fruit 100% Fruit Juice Choice of Milk	2 Whole Grain Cereal Bar Whole Grain Graham Cracker Choice of Fruit 100% Fruit Juice Choice of Milk
5 Whole Grain Goldfish Cheddar Crackers Whole Grain Despicable Me Crackers Choice of Fruit 100% Fruit Juice Choice of Milk	6 Whole Grain Cinnamon Toast Crunch Whole Grain Chocolate Elf Grahams Choice of Fruit 100% Fruit Juice Choice of Milk	7 Whole Grain French toast Sticks With Syrup Cup Choice of Fruit 100% Fruit Juice Choice of Milk	8 Whole Grain Chocolate Muffin Whole Grain Cheddar Goldfish Crackers Choice of Fruit 100% Fruit Juice Choice of Milk	9 Whole Grain Animal Crackers Whole Grain Cereal Bar Choice of Fruit 100% Fruit Juice Choice of Milk
12 Whole Grain Cheerios Whole Grain Graham Crackers Choice of Fruit 100% Fruit Juice Choice of Milk	13 Whole Grain Waffle Sticks with Syrup Cup Choice of Fruit 100% Fruit Juice	14 Whole Grain Cereal Bar Whole Grain Cheez-its Choice of Fruit 100% Fruit Juice Choice of Milk	15 Whole Grain Pancake Wrap Choice of Fruit 100% Fruit Juice Choice of Milk	16 Whole Grain Mini Bagels Choice of Fruit 100% Fruit Juice Choice of Milk
19 Whole Grain Mini Cinnamon Rolls Choice of Fruit 100% Fruit Juice Choice of Milk	20 2 Whole Grain Biscuits with Jelly Choice of Fruit 100% Fruit Juice Choice of Milk	21 Whole Grain Chex Cereal Whole Grain Graham Cracker Choice of Fruit 100% Fruit Juice Choice of Milk	22 Whole Grain Breakfast Round Choice of Fruit 100% Fruit Juice Choice of Milk	23 Whole Grain Cinnamon Toast Crunch Whole Grain Chocolate Elf Grahams Choice of Fruit 100% Fruit Juice Choice of Milk
26 Whole Grain Donut Choice of Fruit 100% Fruit Juice Choice of Milk	27 2 Whole Grain Biscuits Choice of Fruit 100% Fruit Juice Choice of Milk	28 Whole Grain Cereal Bar Whole Grain Graham Cracker Choice of Fruit 100% Fruit Juice Choice of Milk		

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Breakfast Includes up to 1 of each:

>Entrée (includes grain & sometimes meat/meat alternative)

> 100% Fruit Juice*

> Whole Fruit*

>Choice of Low-Fat, Flavored Fat-Free Milk, or Lactose-Free Milk

***A breakfast must include a hot or cold entrée (whole grain and sometimes a meat/meat alternative) and at least 1 fruit or 1 serving of 100% fruit juice**

> Other Daily Breakfast Options: Assorted Cereal and Whole Grain Breakfast Pastry