

FEB

2023

GEAR UP FOR
TRACK & FIELD



ANNOUNCEMENTS:

Meal Price:

Reduced Price

Breakfast: \$0.30

Breakfast: \$2.00

Adult Breakfast:

\$3.00



Pre-K is served White Skim Milk with Breakfast.

MONDAY

Whole Grain Waffle 30
-or- Cereal w/Toast
Apple
Orange Juice
Assorted Milk

TUESDAY

Cinnamon Roll w/Glaze 31
-or- Nutri-Grain Bar
Orange
Apple Juice
Assorted Milk

WEDNESDAY

Sausage and Cheese 1
Biscuit
-or- Cereal w/Toast
Banana
Grape Juice
Assorted Milk

THURSDAY

Donut Holes 2
-or- Pop Tart w/Toast
Mixed Fruit
Orange Juice
Assorted Milk

FRIDAY

Pancake w/Sausage 3
-or- Cereal w/Toast
Frozen Peach Cup
Apple Juice
Assorted Milk

French Toast w/Syrup 6
-or- Cereal w/Toast
Mixed Fruit
Grape Juice
Assorted Milk

Glazed Blueberry 7
Breakfast Scone
-or- Nutri-Grain Bar
Apple
Orange Juice
Assorted Milk

Egg and Cheese Croissant 8
-or- Cereal w/Toast
Pear
Apple Juice
Assorted Milk

Blueberry Yogurt Parfait 9
w/Granola
-or- Pop Tart w/Toast
Orange
Grape Juice
Assorted Milk

Cinnamon Raisin Bagel 10
w/Cream Cheese
-or- Cereal w/Toast
Banana
Orange Juice
Assorted Milk

Donut Ring 13
-or- Cereal w/Toast
Diced Peaches
Apple Juice
Assorted Milk

Yogurt Cup w/Graham 14
Cracker
-or- Nutri-Grain Bar
Tropical Fruit
Grape Juice
Assorted Milk

Chocolate Muffin -or- 15
Oatmeal w/Apples and Raisins
Banana
Orange Juice
Assorted Milk

Pancake on a Stick 16
-or- Pop Tart w/Toast
Pear
Apple Juice
Assorted Milk

NO SCHOOL 17

PROFESSIONAL LEARNING DAY

NO SCHOOL 20



Glazed Raspberry 21
Breakfast Scone
-or- Nutri-Grain Bar
Mixed Fruit
Apple Juice
Assorted Milk

Sausage and Cheese 22
Biscuit
-or- Cereal w/Toast
Apple
Grape Juice
Assorted Milk

Strawberry Yogurt Parfait 23
w/Granola
-or- Pop Tart w/Toast
Banana
Orange Juice
Assorted Milk

Scrambled Eggs w/Sausage 24
-or- Cereal
Toast
Pear
Apple Juice
Assorted Milk

Whole Grain Waffle 27
-or- Cereal w/Toast
Apple
Orange Juice
Assorted Milk

Cinnamon Roll w/Glaze 28
-or- Nutri-Grain Bar
Orange
Apple Juice
Assorted Milk

Sausage and Cheese 1
Biscuit
-or- Cereal w/Toast
Banana
Grape Juice
Assorted Milk

Donut Holes 2
-or- Pop Tart w/Toast
Mixed Fruit
Orange Juice
Assorted Milk

NO SCHOOL

PROFESSIONAL LEARNING DAY



We highly encourage ALL families to complete Free/Reduced Meal Applications for SY 22-23!
Please visit: family.titank12.com to submit your application..

This institution is an equal opportunity provider.
Menus are subject to change without notice.

The Child Nutrition Department does not accept personal checks.
For A' la Carte Purchases and Payments on meal accounts, please send cash in a sealed envelope w/ students: First and Last Name, Teacher's Name, and Serving Number. We are now accepting online payments, please visit family.titank12.com to register your family.