

# February 2021

## Roland-Story Elementary School

### BREAKFAST



This institution is an equal opportunity provider.



**Nutrition Tip:** Ready-to-eat cereal consumption encourages milk consumption. Among children 6-12 years old who eat ready-to-eat cereal, 53% of all daily milk consumption is with cereal.



Reference: NHANES 2015-16

### Monday

Ham Breakfast Bar  
Graham Crackers  
Apple/Banana/Orange  
Milk

1

### Tuesday

Cheese Omelet  
Sausage Links  
Graham Crackers  
Apple/Banana/Orange  
Milk

2

### Wednesday

Breakfast Pizza  
Apple/Banana/Orange  
Milk

3

### Thursday

Sausage Pancake Stick  
Apple/Banana/Orange  
Milk

4

### Friday

Cereal  
Muffin  
Apple/Banana/Orange  
Milk

5

Ham Breakfast Bar  
Graham Crackers  
Apple/Banana/Orange  
Milk

8

Breakfast Boat  
Apple/Banana/Orange  
Milk

9

Breakfast Pizza  
Apple/Banana/Orange  
Milk

10

Sausage Pancake Stick  
Apple/Banana/Orange  
Milk

11

Cereal  
Poptart  
Apple/Banana/Orange  
Milk

12

Ham Breakfast Bar  
Graham Crackers  
Apple/Banana/Orange  
Milk

15

Breakfast Pizza  
Apple/Banana/Orange  
Milk

16

Mini Pancakes  
Apple/Banana/Orange  
Milk

17

Sausage Pancake Stick  
Apple/Banana/Orange  
Milk

18

**No School**

19

Ham Breakfast Bar  
Graham Crackers  
Apple/Banana/Orange  
Milk

22

Sausage, Egg, & Cheese  
Biscuit  
Apple/Banana/Orange  
Milk

23

Breakfast Pizza  
Apple/Banana/Orange  
Milk

24

Sausage Pancake Stick  
Apple/Banana/Orange  
Milk

25

Cereal  
Graham Crackers  
Apple/Banana/Orange  
Milk

26

**Milk offered daily:**  
White, Chocolate, and  
Strawberry Skim Milk  
White 1% Milk

