







21st Century Charter School February 2019 Sunrise Starters Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
					February 1 Blueberry Waffle* with Syrup Pears
	February 4 Mini Chocolate Donuts* Peaches	February 5 Turkey Sausage & Cheese Breakfast Sandwich* Mixed Fruit	February 6 Mini Maple Pancakes* Pineapple	February 7 Parfait with Oatmeal Bar* (apple or strawberry) Applesauce	February 8 Cheese Omelet with Toast* Pears
	February 11 Mini Cinnamon Rolls* Peaches	February 12 Breakfast Boat* with Turkey Bacon & Scrambled Eggs Mixed Fruit	February 13 French Toast Sticks* with Syrup Pineapple	February 14 Cheese Eggs with Turkey Sausage & Toast* Applesauce 	February 15 Yogurt Parfait with Strawberries & Honey Oat Goldfish Cracker* Pears
	February 18 Pancake Wrap*^A with Syrup Peaches Presidents' Day	February 19 Cheese & Egg Croissant* Mixed Fruit	February 20 Cinnamon Raisin Bagel* with Cream Cheese Pineapple	February 21 Turkey Ham & Cheese on a Hawaiian Roll* Applesauce	February 22 Cheese Omelet with Toast* Pears
	February 25 Eggs with Turkey Sausage & Toast* Peaches	February 26 Mini French Toast* with Syrup Mixed Fruit	February 27 Yogurt Parfait (strawberry) & Honey Oat Goldfish Cracker* Pineapple	February 28 Bacon & Egg Breakfast Square* Applesauce	

Additional Items Served Every Day:

- Assorted cereals*
- Blueberry and banana muffins*
- Bread*, Jelly, Margarine
- Fresh fruit
- Yogurt cups
- 100% apple juice and orange juice
- Skim and 1% white milk plus fat-free chocolate milk with no artificial growth hormones or antibiotics

*=Whole-grain item / ^=Item contains pork
Menu subject to change based on availability and quality of food items

Breakfast Buzz

Did you know that eating school breakfast gives you the energy you need to get through a busy day? Add school breakfast to your to-do list on a daily basis.

