



Tichenor Middle BREAKFAST Menu

February 2019



Mon	Tue	Wed	Thu	Fri
<p><i>*Each Day Students are offered the following Options:</i> For Better Health Eat 5 servings of Fruits or Vegetables Daily</p>				
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	<p>***Menu subject to change due to food availability</p> <p>USDA Nondiscrimination Statement This Institution is an Equal Opportunity Provider</p>			<p>Sausage Patty on Slider Bun Cinna Toast Cereal w/ toast Trix Yogurt/ Bug Bites Strawberry Smoothies w/ cherry cocoa bar</p> <p>Grape Juice Apple Qtrs</p> <p>1% or FF white milk</p>
4	5	6	7	8
<p>Cinnamon Toast (2) Cherry Strudel Cinnamon Frosted Flakes/ Toast Bagel w/ cream cheese</p> <p>Orange Qtrs Grape Juice</p> <p>1% or FF white milk</p>	<p>French Toast Sticks/ syrup Lucky Charms w/ toast Blueberry Muffins/ toast</p> <p>Orange Juice Blueberries</p> <p>1% or FF white milk</p>	<p>Powdered Sugar Donut Holes Trix Cereal/ Toast Trix Yogurt/ Bug Bites</p> <p>Apple Juice Banana</p> <p>1% or FF white milk</p>	<p>Dutch Waffle/ Pwd Sugar Choc Mini Wheats/ toast Sausage Gravy BK Pizza</p> <p>Orange Juice Strawberry Craisins</p> <p>1% or FF white milk</p>	<p>Pancakes (2)/ syrup Cinna Toast Cereal w/ Toast Choc Muffin/ toast Kellogg's Poptarts</p> <p>Grape Juice Apple Qtrs</p> <p>1% or FF white milk</p>
11	12	13	14	15
<p>Goldkist Chicken Patty on Biscuit Cinnamon Frost Flakes/ toast Trix Cereal Bar/ toast Banana Brd</p> <p>Orange Qtrs Grape Juice</p> <p>1% or FF white milk</p>	<p>Iced Cinnamon Roll Lucky Charms w/ toast Trix Yogurt/ Bug Bites</p> <p>Orange Juice Blueberries</p> <p>1% or FF white milk</p>	<p>Cinna Minis Trix Cereal/ Toast Apple Cinnamon Muffin/ toast</p> <p>Apple Juice Banana</p> <p>1% or FF white milk</p>	<p>Sausage Pancake Nuggets/ syrup Choc Mini Wheats/ toast Mini Choc Donuts</p> <p>Orange Juice Strawberry Craisins</p> <p>1% or FF white milk</p>	<p>Apple Cinna Texas Toast Cinna Toast Cereal w/ toast Cocoa Cherry Bar/ Toast Chunky Monkey</p> <p>Grape Juice Apple Qtrs</p> <p>1% or FF white milk</p>
18	19	20	21	22
<p>No School President's Day</p>	<p>Sausage/Cheese Biscuit Lucky Charms w/ toast Mini Powdered Donuts</p> <p>Orange Juice Blueberries</p> <p>1% or FF white milk</p>	<p>Mixed Berry Parfait Trix Cereal/ Toast Cocoa Puff Cereal Bar/ Toast</p> <p>Apple Juice Banana</p> <p>1% or FF white milk</p>	<p>Cinn/Sugar Donut Holes Choc Mini Wheats/ Toast Trix Cereal Bar/ Toast</p> <p>Orange Juice Strawberry Craisins</p> <p>1% or FF white milk</p>	<p>BK Chicken Patty/ Biscuit Banana Bread Cinna Toast Cereal/ Toast Strawberry Smoothie w/ cocoa cherry bar</p> <p>Grape Juice Apple Qtrs</p> <p>1% or FF white milk</p>
25	26	27	28	
<p>French Toast Sticks/ syrup Cinnamon Frosted Flakes/ Toast Trix Yogurt/ Bug Bites</p> <p>Orange Qtrs Grape Juice</p> <p>1% or FF white milk</p>	<p>Sausage Pancake Nuggets/Syrup Lucky Charms/ Toast Mini Choc Donuts</p> <p>Orange Juice Blueberries</p> <p>1% or FF white milk</p>	<p>Plain Bagel w/ cream cheese Trix Cereal/ Toast Choc Muffin w/ Toast</p> <p>Apple Juice Banana</p> <p>1% or FF white milk</p>	<p>Cherry Strudel Choc Frosted Mini Wheats/Toast Cocoa Cherry Bar/ Toast</p> <p>Orange Juice Strawberry Craisins</p> <p>1% or FF white milk</p>	