



# BREAKFAST @SCHOOL

For first-class learning!

New Haven Public Schools

Featuring  
Healthy Fruits  
& Grains!

## K8 BREAKFAST MENU FEBRUARY 2020

*This institution is an equal opportunity provider and employer.*



Monday, February 3

1 oz. RS Cinnamon Flakes

Graham Crackers

Unsweetened Applesauce

100% Juice

Milk

Tuesday, February 4

Strawberry Banana Yogurt

Granola

Fresh Fruit

100% Juice

Milk

Wednesday, Feb. 5

1 oz. RS Frosted Flakes

Sunflower Kernels

Raisins

100% Juice

Milk

Thursday, February 6

Bagel with Grape Jelly

Cheese Stick

Mixed Fruit Cup  
100% Juice

Milk

Friday, February 7

1 oz. RS Trix

Graham Crackers

Unsweetened Cinnamon Applesauce

100% Juice

Milk

First things First!

Choose at least **ONE** serving of **FRUIT** and at least **THREE** items **TOTAL** so your meal counts as a Complete Breakfast!

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Monday, February 10

1 oz. RS Honey Scooters

Cheese Stick

Fresh Fruit

100% Juice

Milk

Tuesday, February 11

GM Cereal Bar

Sunflower Kernels

Peach Cup

100% Juice

Milk

Wednesday, Feb., 12

1 oz. RS Cinnamon Flakes

Graham Crackers

Raisins

100% Juice

Shelf-stable Milk

Thursday, Feb., 13

2 oz. RS Cinnamon Toast Crunch

Unsweetened Strawberry Applesauce

100% Juice

Shelf-stable Milk

Friday, February 14

1 oz. RS Frosted Flakes

Graham Crackers

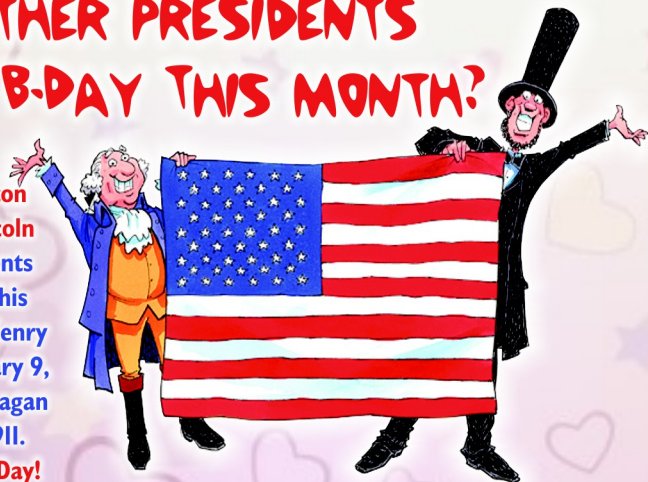
Unsweetened Applesauce

100% Juice

Shelf-stable Milk

# WHAT OTHER PRESIDENTS HAVE A B-DAY THIS MONTH?

Other than George Washington and Abraham Lincoln two other Presidents have a birthday this month – William Henry Harrison on February 9, 1773 and Ronald Reagan on February 6, 1911.  
Happy Presidents Day!



**Q** • Why is fish often prepared and served with lemon?



**A** • Nowadays, it's mostly for flavor. But legend has it that people first served lemon with fish because they believed it would dissolve any fish bones they might swallow! With or without lemon, salmon filets like these are high in heart-healthy omega-3 fatty acids. Not to mention that they're also scrumptious!

Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)



## WINTER BREAK

Last Day of Classes February 14      Classes Resume February 24

Monday, February 24	Tuesday, February 25	Wednesday, Feb., 26	Thursday, Feb., 27	Friday, February , 28
Banana Muffin	1 oz. Chocolate Mini Wheats	Vanilla Yogurt	1 oz. RS Cinnamon Flakes	Hadley Farms Raspberry Cream Bar
Sun Butter Cup	Graham Crackers	Granola	Cheese Stick	Sunflower Kernels
Unsweetened Cinnamon Applesauce	Fresh Fruit	Peach Cup	Raisins	Pineapple Tidbits Cup
100% Juice	100% Juice	100% Juice	100% Juice	100% Juice
Milk	Milk	Milk	Milk	Milk