

February 2018

Resurrection Catholic Middle and High School

BREAKFAST



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.

This institution is an equal opportunity provider and employer



Monday

Tuesday

Wednesday

Thursday

Friday



1) Sausage Biscuit
2) Cereal/Pop Tart
3) Parfait
Fruit

1) Cinna Mini
2) Cereal/Toast
Fruit

5
1) Mini Pancake/Sausage
2) Cereal/Pop Tart
Fruit

6
1) Bacon-Egg-Cheese
Biscuit
2) Cereal/Pop Tart
3) Parfait
Fruit

7
1) Breakfast Burrito
2) Cereal/Pop Tart
Fruit

8
1) Scrambled Eggs/Sausage
Toast
2) Cereal/Pop Tart
3) Parfait
Fruit

9
1) French Toast Sticks
2) Cereal/Pop Tart
Fruit

12
MARDI GRAS
NO SCHOOL

13
MARDI GRAS
NO SCHOOL

14
1) Mini Pancake
2) Cereal/Pop Tart
Fruit

15
1) Chicken Biscuit
2) Cereal/Pop Tart
3) Parfait
Fruit

16
1) Cheese Grits/Toast
2) Cereal/Pop Tart
Fruit

19
1) Breakfast Pizza
2) Cereal/Pop Tart
Fruit

20
1) Pancake Pup
2) Cereal/Pop Tart
3) Parfait
Fruit

21
1) Sausage Biscuit
2) Cereal/Pop Tart
Fruit

22
1) Breakfast Burrito
2) Cereal/Pop Tart
3) Parfait
Fruit

23
1) French Toast Sticks
2) Cereal/Pop Tart
Fruit

26
1) Chicken Biscuit
2) Cereal/Pop Tart
Fruit

27
1) Mini Pancake/Sausage
2) Cereal/Pop Tart
3) Parfait
Fruit

28
1) Cinna Mini
2) Cereal/Pop Tart
Fruit

