



# UCESC

February 2018  
Breakfast Menu

## Get a Healthy Start to Your Day with School Breakfast!

Did you know, if you are approved for free or reduced lunch, you are also eligible for breakfast!

### Student Breakfast

Crossroads \$2.25

Westlake \$2.50

LMA/HAN/HAS \$2.75

Reduced Breakfast \$0.30

Adult Breakfast \$3.25

take time for  
**school  
BREAKFAST**





## NUTRITION NEWS:

February is Heart Healthy Month! The heart is one of the most

important organs in the body, on average beating 60-100 times per minute, so it's important to keep it healthy! Eating

well-balanced meals that include a combination of whole grains, lean proteins, fruits, vegetables, and low-fat dairy will help keep your heart healthy! Physical activity is also important because it helps lower blood pressure and helps our bodies control stress. Set a goal to be physically active at least 60 minutes per day!

Monday	Tuesday	Wednesday	Thursday	Friday
	<i>Keep your heart happy by choosing healthy options!</i>		1 <b>Muffin Meal</b> Assorted Fruit 100% Fruit Juice Milk Selection	2 <b>Cereal with Graham Crackers</b> Assorted Fruit 100% Fruit Juice Milk Selection
5 <b>Cereal with Graham Crackers</b> Assorted Fruit 100% Fruit Juice Milk Selection	6 <b>Mini Maple Burst Pancakes</b> Assorted Fruit 100% Fruit Juice Milk Selection SOUTH -MUFFINS NORTH—CEREAL	7 <b>Apple Frudel</b> Assorted Fruit 100% Fruit Juice Milk Selection SOUTH -CEREAL	8 <b>Cereal with Graham Crackers</b> Assorted Fruit 100% Fruit Juice Milk Selection	9 <b>School Closed</b>
12 <b>Cereal with Graham Crackers</b> Assorted Fruit 100% Fruit Juice Milk Selection	13 <b>Mini Maple Burst Pancakes</b> Assorted Fruit 100% Fruit Juice Milk Selection SOUTH -MUFFINS NORTH—CEREAL	14 <b>Apple Frudel</b> Assorted Fruit 100% Fruit Juice Milk Selection SOUTH -CEREAL	15 <b>Cereal with Graham Crackers</b> Assorted Fruit 100% Fruit Juice Milk Selection	16 <b>School Closed</b>
19 <b>President's Day</b> <b>School Closed</b>	20 <b>Cereal with Graham Crackers</b> Assorted Fruit 100% Fruit Juice Milk Selection	21 <b>Apple Frudel</b> Assorted Fruit 100% Fruit Juice Milk Selection SOUTH -CEREAL	22 <b>Muffin Meal</b> Assorted Fruit 100% Fruit Juice Milk Selection	23 <b>Cereal with Graham Crackers</b> Assorted Fruit 100% Fruit Juice Milk Selection
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MENU SUBJECT  
TO CHANGE



"This institution is an equal opportunity provider"