



**Aventura City of Excellence School
Breakfast
FEBRUARY 2019**



Monday	Tuesday	Wednesday	Thursday	Friday
				1oz Low-Fat Cream Cheese 2oz WGR Bagel ½ c Fresh Banana ½ c 100% Apple Juice 8oz Fat Free Flavored or 1% Un-Flavored
February 4 1/2c Fat-Free Yogurt 2oz WGR Granola Bar ½ c Pineapple Chunks ½ c 100% Apple Juice 8oz Fat Free Flavored or 1% UN-Flavored	February 5 1 .5oz WGR Cereal ½ c Orange Wedges ½ c 100% Orange Juice 8oz Fat Free Flavored or 1% Un-Flavored	February 6 1oz Low-Fat Cream Cheese 2oz WGR Bagel ½ c Fresh Banana ½ c 100% Apple Juice 8oz Fat Free Flavored or 1% UN-Flavored	February 7 1oz Breakfast Pattie 1.2oz WGR Pancakes ½ c Fresh Apple Slices ½ c 100% Orange Juice 8oz Fat Free Flavored or 1% Flavored	February 8 1.5oz WGR Cereal ½ c Orange Wedges ½ c 100% Orange Juice 8oz Fat Free Flavored or 1% Un-Flavored
February 11 1oz Breakfast Pattie 1.2oz WGR Pancakes ½ c Fresh Apple Slices ½ c 100% Orange Juice 8oz Fat Free Flavored or 1% Un-Flavored	February 12 1oz Low-Fat Cheese Stick 2oz WGR Blueberry Muffin ½ c Fresh Apple Slices ½ c 100% Apple Juice 8oz Fat Free Flavored or 1% Un-Flavored	February 13 1oz Egg Omelet Whole Wheat Toast ½ c Fresh Banana ½ c 100% Apple Juice 8oz Fat Free Flavored or 1% Un-Flavored	February 14 1.5oz WGR Cereal ½ c Orange Wedges ½ c 100% Orange Juice 8oz Fat Free Flavored or 1% Un-Flavored	February 15 1/2c Fat-Free Yogurt 2oz WGR Granola Bar ½ c Pineapple Chunks ½ c 100% Apple Juice 8oz Fat Free Flavored or 1% Un-Flavored
February 18 NO SCHOOL	February 19 1oz Low-Fat Cheese Stick 2oz WGR Blueberry Muffin ½ c Fresh Apple Slices ½ c 100% Apple Juice 8oz Fat Free Flavored or 1% Un-Flavored	February 20 1oz Breakfast Pattie 1.2oz WGR Pancakes ½ c Fresh Apple Slices ½ c 100% Orange Juice 8oz Fat Free Flavored or 1% Un-Flavored	February 21 2oz Fat-Free Yogurt 2oz WGR Granola Bar ½ c Pineapple Chunks ½ c 100% Apple Juice 8oz Fat Free Flavored or 1% Un-Flavored	February 22 .5oz WGR Cereal ½ c Orange Wedges ½ c 100% Orange Juice 8oz Fat Free Flavored or 1% Un-Flavored
February 25 1oz Egg Omelet Whole Wheat Toast ½ c Fresh Banana ½ c 100% Apple Juice 8oz Fat Free Flavored or 1% Un-Flavored	February 26 1oz Low-Fat Cream Cheese 2oz WGR Bagel ½ c Fresh Banana ½ c 100% Apple Juice 8oz Fat Free Flavored or 1% Un-Flavored	February 27 1/2c Fat-Free Yogurt 2oz WGR Granola Bar ½ c Pineapple Chunks ½ c 100% Apple Juice 8oz Fat Free Flavored or 1% Un-Flavored	February 28 1oz Breakfast Pattie 1.2oz WGR Pancakes ½ c Fresh Apple Slices ½ c 100% Orange Juice 8oz Fat Free Flavored or 1% Un-Flavored	