

# MORRIS JEFF HIGH SCHOOL AT CLARK

## Morris Jeff Clark High Breakfast Menu February 2019



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 1 February 1st					1 <ul style="list-style-type: none"> <li>Muffin Squares</li> <li>Assorted Cereal</li> <li>Assorted Fresh Fruit</li> <li>Assorted Milk</li> </ul>	
WEEK 2 February 4 - 8	4 <ul style="list-style-type: none"> <li>Whole Grain Cinnamon Roll</li> <li>Assorted Cereal</li> <li>Assorted Fresh Fruit</li> <li>Assorted Milk</li> </ul>	5 <ul style="list-style-type: none"> <li>Turkey Sausage Breakfast Sandwich</li> <li>Assorted Cereal</li> <li>Assorted Fresh Fruit</li> <li>Assorted Milk</li> <li>Assorted Non-Fat Jelly</li> </ul>	6 <ul style="list-style-type: none"> <li>Greek Yogurt &amp; Granola</li> <li>Assorted Cereal</li> <li>Assorted Fresh Fruit</li> <li>Assorted Milk</li> </ul>	7 <ul style="list-style-type: none"> <li>Turkey &amp; Cheese Melt</li> <li>Assorted Cereal</li> <li>Assorted Fresh Fruit</li> <li>Assorted Milk</li> <li>Assorted Jelly</li> </ul>	8 <ul style="list-style-type: none"> <li>Whole Grain Waffles w/ Syrup</li> <li>Assorted Cereal</li> <li>Assorted Fresh Fruit</li> <li>Assorted Milk</li> </ul>	
WEEK 3 February 11-15	11 <ul style="list-style-type: none"> <li>Greek Yogurt &amp; Granola</li> <li>Assorted Cereal</li> <li>Assorted Fresh Fruit</li> <li>Assorted Milk</li> </ul>	12 <ul style="list-style-type: none"> <li>Scrambled Eggs</li> <li>Whole Grain Toast</li> <li>Assorted Cereal</li> <li>Assorted Fresh Fruit</li> <li>Assorted Milk</li> </ul>	13 <ul style="list-style-type: none"> <li>Whole Grain Waffles w/ Syrup</li> <li>Assorted Cereal</li> <li>Assorted Fresh Fruit</li> <li>Assorted Milk</li> </ul>	14 <ul style="list-style-type: none"> <li>Turkey Sausage Breakfast Sandwich</li> <li>Assorted Cereal</li> <li>Assorted Fresh Fruit</li> <li>Assorted Milk</li> <li>Assorted Jelly</li> </ul>	15 <ul style="list-style-type: none"> <li>Whole Grain Cinnamon Roll</li> <li>Assorted Cereal</li> <li>Assorted Fresh Fruit</li> <li>Assorted Milk</li> </ul>	
WEEK 4 February 18 - 22	18 <ul style="list-style-type: none"> <li>Cereal &amp; Toast</li> <li>Assorted Fresh Fruit</li> <li>Assorted Milk</li> </ul>	19 <ul style="list-style-type: none"> <li>Vegetable Frittata</li> <li>Assorted Cereal</li> <li>Whole Grain Toast</li> <li>Assorted Fresh Fruit</li> <li>Assorted Milk</li> </ul>	20 <ul style="list-style-type: none"> <li>French Toast w/ Maple Syrup</li> <li>Assorted Cereal</li> <li>Assorted Fresh Fruit</li> <li>Assorted Milk</li> <li>Maple Syrup</li> </ul>	21 <ul style="list-style-type: none"> <li>Turkey Sausage Breakfast Sandwich</li> <li>Assorted Cereal</li> <li>Assorted Fresh Fruit</li> <li>Assorted Milk</li> <li>Assorted Jelly</li> </ul>	22 <ul style="list-style-type: none"> <li>Oatmeal Muffin Squares</li> <li>Assorted Cereal</li> <li>Assorted Fresh Fruit</li> <li>Assorted Milk</li> </ul>	
Week 5 February 25-28	25 <ul style="list-style-type: none"> <li>Greek Yogurt &amp; Granola</li> <li>Assorted Cereal</li> <li>Assorted Fresh Fruit</li> <li>Assorted Milk</li> </ul>	26 <ul style="list-style-type: none"> <li>Breakfast Burrito</li> <li>Assorted Cereal</li> <li>Assorted Fresh Fruit</li> <li>Assorted Milk</li> </ul>	27 <ul style="list-style-type: none"> <li>Whole Grain Pancakes</li> <li>Assorted Cereal</li> <li>Assorted Fresh Fruit</li> <li>Assorted Milk</li> <li>Maple Syrup</li> </ul>	28 <ul style="list-style-type: none"> <li>Egg &amp; Cheese Breakfast Sandwich</li> <li>Assorted Cereal</li> <li>Assorted Fresh Fruit</li> <li>Assorted Milk</li> </ul>	<p><b>Happy Mardi Gras!</b></p>	

