



Nome Middle/High Breakfast Menus

This institution is an equal opportunity provider & employer.
Menu subject to change.

February 2023

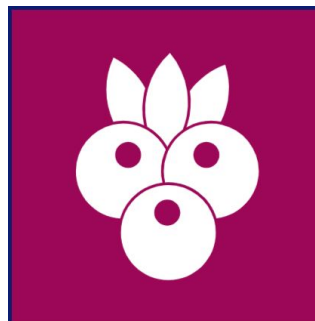
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
				1		2		3	
				Barley Cereal Yogurt Fruit		Cheese Omelette Yogurt Fruit		Pancakes Yogurt Fruit	
6	7	8	9	10					
Breakfast Burritos Yogurt Fruit	Parfait Fruit	Oatmeal Yogurt Fruit	Scrambled Eggs Yogurt Fruit	French Toast Sticks Yogurt Fruit					
13	14	15	16	17					
Breakfast Tornado Yogurt Fruit	Grab & Go Yogurt Fruit	Cheesy Grits Yogurt Fruit	Egg & Cheese Muffin Yogurt Fruit	Waffles Yogurt Fruit					
20	21	22	23	24					
Breakfast Pizza Yogurt Fruit	Parfait Fruit	Cream of Wheat Yogurt Fruit	Ham & Eggs Yogurt Fruit	French Toast Yogurt Fruit					
27	28								
Breakfast Burrito Yogurt Fruit	Grab & Go Yogurt Fruit								

SERVED

ASSORTED COLD CEREALS
DAILY

SERVED

LOW FAT & NONFAT MILK
FRESH & CANNED FRUIT
DAILY



NUTRITION CORNER
BERRIES
LOADED WITH ANTIOXIDANTS, SUCH AS VITAMIN C AND ANTHOCYANINS. ALSO PROVIDE MANY OTHER NUTRIENTS SUCH AS VITAMIN K, COPPER, AND MANGANESE.



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MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
				1 Hot Dog Baked Beans Fruit		2 Chicken & Rice Green Beans Fruit		3 Orange Chicken Brown Rice Stir-Fry Veggies Fruit	
6 Spaghetti & Meatballs Fruit		7 Burrito Spanish Rice Fruit		8 BBQ Pork Corn Fruit		9 Chicken Tenders French Fries Fruit		10 Teriyaki Chicken Brown Rice Fruit	
13 Pizza Carrots Fruit		14 Nachos Refried Beans Fruit		15 Corn Dog Cheesy Broccoli Fruit		16 Chicken Sandwich Vegetable Blend Fruit		17 Chicken Fried Rice Egg Rolls Fruit	
20 Chicken Alfredo Peas Fruit		21 Enchiladas Fiesta Veggies Fruit		22 Cheeseburger Fries Fruit		23 Swedish Meatballs Green Beans Fruit		24 Sweet Chili Chicken Brown Rice Fruit	
27 Pizza Green Beans Fruit		28 Tacos Refried Beans Fruit							

