

**February 2020
Prairie Wind Middle School
Breakfast Menu**



All meals include choice of
Chocolate Skim, 1% or Skim Milk

<p align="right">3</p> <p>Muffin or Cold Cereal Cheese Stick Fruit Juice Milk</p>	<p align="right">4</p> <p>French Toast Sticks/Syrup Sausage Link Fruit Juice Milk</p>	<p align="right">5</p> <p>Breakfast Pizza Fruit Juice Milk</p>	<p align="right">6</p> <p>Oatmeal Breakfast Bar Cheese Stick Fruit Juice Milk</p>	<p align="right">7</p> <p>Omelet Fruit Juice Milk</p>
<p align="right">10</p> <p>Cereal Bar or Cold Cereal Cheese Stick Fruit Juice Milk</p>	<p align="right">11</p> <p>Sausage & Cheese Breakfast Sandwich Fruit/Juice Milk</p>	<p align="right">12</p> <p>Bagel Cream Cheese Fruit Juice Milk</p>	<p align="right">13</p> <p>Cinnamon Roll Fruit Juice Milk</p>	<p align="right">14</p> <p>NO SCHOOL TEACHER WORKSHOP</p>
<p align="right">17</p> <p>Cinnamon Round or Cold Cereal Yogurt Fruit Juice</p>	<p align="right">18</p> <p>Pancake On A Stick Fruit Juice Milk</p>	<p align="right">19</p> <p>Breakfast Pizza Fruit Juice Milk</p>	<p align="right">20</p> <p>Muffin Yogurt Fruit Juice Milk National Muffin Day</p>	<p align="right">21</p> <p>Breakfast Sandwich Fruit Juice Milk</p>
<p align="right">24</p> <p>Muffin or Cold Cereal Cheese Stick Fruit Juice Milk</p>	<p align="right">25</p> <p>Biscuits & Gravy Fruit Juice Milk</p>	<p align="right">26</p> <p>Yogurt Parfait Fruit Juice Milk Ash Wednesday</p>	<p align="right">27</p> <p>Breakfast Pizza Fruit Juice Milk</p>	<p align="right">28</p> <p>Mini Waffles Syrup Fruit Juice Milk</p>

OFFER

Cold Cereal will be offered daily

FYI

MENUS SUBJECT TO CHANGE
A Meatless Option will be offered on Fridays during Lent

Nutrition Fact

Start your day right with a healthy breakfast