

# February 2019

Just A Dash Catering

BREAKFAST



**School Information: School Information:**  
This Institution is an equal opportunity employer  
Cereal Offered Daily



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

Tuesday

Wednesday

Thursday

Friday



WG Banana Bread  
Choice of Milk  
Fresh Fruit

4

WG French Toast  
Choice of Milk  
Fresh Fruit

5

WG Apple Cinnamon Muff  
Choice of Milk  
Fresh Fruit

6

WG Bagel and Cream Chee  
Choice of Milk  
Fresh Fruit

7

WG Orange Loaf  
Choice of Milk  
Fresh Fruit

8

WG Cholate Chip Loaf  
Choice of Milk  
Fresh Fruit

11

WG Banana Muffin  
Choice of Milk  
Fresh Fruit

12

WG Blueberry Pancake  
Choice of Milk  
Fresh Fruit

13

Strawberry Frosted Pop T  
Choice of Milk  
Fresh Fruit

14

15

18

WG Cinn Waffles  
Choice of Milk  
Fresh Fruit

19

WG Chocolate Muffin  
Choice of Milk  
Fresh Fruit

20

WG Strawberry Bagelful  
Choice of Milk  
Fresh Fruit

21

WG Banana Loaf  
Choice of Milk  
Fresh Fruit

22

WG Zucchini Bread  
Choice of Milk  
Fresh Fruit

25

WG Maple Pancakes  
Choice of Milk  
Fresh Fruit

26

WG Blueberry Muffin  
Choice of Milk  
Fresh Fruit

27

WG Cinnamon Pop Tart  
Choice of Milk  
Fresh Fruit

