

**Fresh, Healthy, Good Food
Every Day!**



This institution is an equal opportunity provider

February 2019 Prairie Seeds Academy K-12 Bagged Breakfast - Hot and Cold - Menu					
Week 4	Monday, January 28, 2019	Tuesday, January 29, 2019	Wednesday, January 30, 2019	Thursday, January 31, 2019	Friday, February 1, 2019
Three Components meet USDA Requirements (One component must be fruit)					Pancakes, Margarine & Syrup (2 comp) 100% Fruit Juice Box (1 comp) Must offer 2 Types 8 oz Milk (1 comp) Must Offer Second Fruit (1 comp) (Check Options)
					or Chef's Choice
Week 5	Monday, February 4, 2019	Tuesday, February 5, 2019	Wednesday, February 6, 2019	Thursday, February 7, 2019	Friday, February 8, 2019
Three Components meet USDA Requirements (One component must be fruit)	Betty Crocker Choc Chip Oatmeal Bar (1 comp) Cheese Stick (1 comp) 100% Fruit Juice Box (1 comp) Must offer 2 Types 8 oz Milk (1 comp) Must Offer Second Fruit (1 comp) (Check Options)	Multigrain Cheerios (1 comp) 100% Fruit Juice Box (1 comp) Must offer 2 Types 8 oz Milk (1 comp) Must Offer Second Fruit (1 comp) (Check Options)	BYO Breakfast Burrito (2 comp) WG Tortilla, Cheesy Eggs, Potatoes & Cholesterol 100% Fruit Juice Box (1 comp) Must offer 2 Types 8 oz Milk (1 comp) Must Offer Second Fruit (1 comp) (Check Options)	Lemon Poppy Seed Breakfast Loaf (1 comp) Cheese Stick (1 comp) 100% Fruit Juice (1 comp) Must offer 2 Types 8 oz Milk (1 comp) Must Offer Second Fruit (1 comp) (Check Options)	Turkey Sausage Pancake Wrap (2 comp) w/Syrup 100% Fruit Juice (1 comp) Must offer 2 Types 8 oz Milk (1 comp) Must Offer Second Fruit (1 comp) (Check Options)
	or Chef's Choice	or Chef's Choice	or Chef's Choice	or Chef's Choice	or Chef's Choice
Week 6	Monday, February 11, 2019	Tuesday, February 12, 2019	Wednesday, February 13, 2019	Thursday, February 14, 2019	Friday, February 15, 2019
Three Components meet USDA Requirements (One component must be fruit)	Bakecrafters WG Honey Bun (2 comp) 100% Fruit Juice Box (1 comp) Must offer 2 Types 8 oz Milk (1 comp) Must Offer Second Fruit (1 comp) (Check Options)	4 oz Assorted Breakfast Bread (2 comp) 100% Fruit Juice Box (1 comp) Must offer 2 Types 8 oz Milk (1 comp) Must Offer Second Fruit (1 comp) (Check Options)	Breakfast Pizza (2 comp) 100% Fruit Juice Box (1 comp) Must offer 2 Types 8 oz Milk (1 comp) Must Offer Second Fruit (1 comp) (Check Options)	Golden Grahams Cereal (1 comp) 100% Fruit Juice Box (1 comp) Must offer 2 Types 8 oz Milk (1 comp) Must Offer Second Fruit (1 comp) (Check Options)	Pancakes & Blueberries Margarine & Syrup 100% Fruit Juice Box (1 comp) Must offer 2 Types 8 oz Milk (1 comp) Must Offer Second Fruit (1 comp) (Check Options)
	or Chef's Choice	or Chef's Choice	or Chef's Choice	or Chef's Choice	or Chef's Choice
Week 1	Monday, February 18, 2019	Tuesday, February 19, 2019	Wednesday, February 20, 2019	Thursday, February 21, 2019	Friday, February 22, 2019
Three Components meet USDA Requirements (One component must be fruit)	Assorted Cereal Bar (1 comp) 100% Fruit Juice Box (1 comp) Must offer 2 Types 8 oz Milk (1 comp) Must Offer Second Fruit (1 comp) (Check Options)	Turkey Ham & Cheese Croissant (2 comp) 100% Fruit Juice Box (1 comp) Must offer 2 Types 8 oz Milk (1 comp) Must Offer Second Fruit (1 comp) (Check Options)	Low Sugar Trix Cereal (1 comp) Yogurt (1 comp) 100% Fruit Juice Box (1 comp) Must offer 2 Types 8 oz Milk (1 comp) Must Offer Second Fruit (1 comp) (Check Options)	Pillsbury Apple Frudel (2 comp) 100% Fruit Juice Box (1 comp) Must offer 2 Types 8 oz Milk (1 comp) Must Offer Second Fruit (1 comp) (Check Options)	Sausage, Egg & Cheese Croissant (2 comp) 100% Fruit Juice Box (1 comp) Must offer 2 Types 8 oz Milk (1 comp) Must Offer Second Fruit (1 comp) (Check Options)
	or Chef's Choice	or Chef's Choice	or Chef's Choice	or Chef's Choice	or Chef's Choice
Week 2	Monday, February 25, 2019	Tuesday, February 26, 2019	Wednesday, February 27, 2019	Thursday, February 28, 2019	Friday, March 1, 2019
Three Components meet USDA Requirements (One component must be fruit)	WG Single Blueberry Pop Tart (1 comp) 100% Fruit Juice Box (1 comp) Must offer 2 Types 8 oz Milk (1 comp) Must Offer Second Fruit (1 comp) (Check Options)	Warm Cinnamon Twist (2 comp) 100% Fruit Juice Box (1 comp) Must offer 2 Types 8 oz Milk (1 comp) Must Offer Second Fruit (1 comp) (Check Options)	Bakecrafters WG Honey Bun (2 comp) 100% Fruit Juice Box (1 comp) Must offer 2 Types 8 oz Milk (1 comp) Must Offer Second Fruit (1 comp) (Check Options)	Betty Crocker Dble Choc Oatmeal Bar (1 comp) Chz Stick (1 comp) 100% Fruit Juice Box (1 comp) Must offer 2 Types 8 oz Milk (1 comp) Must Offer Second Fruit (1 comp) (Check Options)	
	or Chef's Choice	or Chef's Choice	or Chef's Choice	or Chef's Choice	