

**FEBRUARY 2012
OAK LAWN - HOMETOWN SD 123
COVINGTON & HOMETOWN
BREAKFAST MENU**



Make Choices for a Healthy lifestyle!



Eat a variety of foods

Eat more fruits, vegetables & grains

Eat lower fat foods more often

Get your calcium rich foods

Be physically active



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast \$1.40 Milk 55¢		1 French Toast Sticks w/Syrup Mixed Fruit	2 Yogurt Cup w/Goldfish Graham Crackers Merry Cherry Juice	3 Pancake Wrap w/Syrup 100% Citrus Blast Juice
6 Chocolate Super Donut w/Vanilla Graham Bears Merry Cherry Juice	7 Breakfast Pizza Pocket Diced Peaches	8 Whole Grain Honey Bun Sweet Pears	9 Strawberry Pancakes w/Syrup Diced Peaches	10 Jumbo Blueberry Muffin Fresh Orange Smiles
13 French Toast Sticks w/Syrup 100% Apple Juice	14 Yogurt Cup w/Goldfish Graham Crackers Chilled Applesauce	15 Mini Cinnis 100% Citrus Blast Juice	16 Breakfast Sandwich <i>Egg & Cheese on a Bagel</i> Chilled Applesauce	17 No School
20 No School	21 Super Donut w/Vanilla Graham Bears 100% Orange Juice	22 Cheese Omelet w/Mini Bagel & Jelly Mixed Fruit	23 One Whole Grain Pop Tart w/Animal Crackers Diced Peaches	24 *Blueberry Pancake Wrap w/Syrup Fresh Orange Smiles
27 Jumbo Blueberry Muffin Chilled Applesauce	28 Breakfast Sandwich <i>Egg & Cheese on an English Muffin</i> Crisp Apple	29 Waffle Sticks w/Syrup Fresh Orange Smiles		



Questions about the menu?
 Call **708-499-6400**
 Ext. 4305

A comprehensive Nutrition & Allergy Guide is available in the Food Service Office.



PLEASE NOTE
 Menu changes may be necessary. Notice will be given when possible.
 Milk offered daily. *Contains pork ** Fully Cooked Poultry

