







Parker Junior High 6-8

February 2019 Breakfast Express Menu

Monday		Tuesday		Wednesday		Thursday		Friday	
								February 1 Cold Cereal* Graham Crackers* 100% Juice Milk Fresh Fruit Basket	
	February 4 Cereal* Graham Crackers* 100% Juice Milk Fresh Fruit Basket	February 5 Cold Cereal* Graham Crackers* 100% Juice Milk Fresh Fruit Basket	February 6 Cold Cereal* Graham Crackers* 100% Juice Milk Fresh Fruit Basket	February 7 Cold Cereal* Graham Crackers* 100% Juice Milk Fresh Fruit Basket	February 8 Cold Cereal* Graham Crackers* 100% Juice Milk Fresh Fruit Basket				
	February 11 Cold Cereal* Graham Crackers* 100% Juice Milk Fresh Fruit Basket	February 12 Cold Cereal* Graham Crackers* 100% Juice Milk Fresh Fruit Basket	February 13 Cold Cereal* Graham Crackers* 100% Juice Milk Fresh Fruit Basket	February 14 Cold Cereal* Graham Crackers* 100% Juice Milk Fresh Fruit Basket	February 15 Cold Cereal* Graham Crackers* 100% Juice Milk Fresh Fruit Basket				
	February 18 NO SCHOOL	February 19 Cold Cereal* Graham Crackers* 100% Juice Milk Fresh Fruit Basket	February 20 Cold Cereal* Graham Crackers* 100% Juice Milk Fresh Fruit Basket	February 21 Cold Cereal* Graham Crackers* 100% Juice Milk Fresh Fruit Basket	February 22 Cold Cereal* Graham Crackers* 100% Juice Milk Fresh Fruit Basket				
	February 25 Cold Cereal* Graham Crackers* 100% Juice Milk Fresh Fruit Basket	February 26 Cold Cereal* Graham Crackers* 100% Juice Milk Fresh Fruit Basket	February 27 Cold Cereal* Graham Crackers* 100% Juice Milk Fresh Fruit Basket	February 28 Cold Cereal* Graham Crackers* 100% Juice Milk Fresh Fruit Basket					

**1% & Skim White Milk & Fat-Free Chocolate Milk Plus
Fresh Fruit Basket Available Every Day**

Breakfast Buzz

Did you know that eating school breakfast gives you the energy you need to get through a busy day? Add school breakfast to your to-do list on a daily basis.

*=Whole-grain item

Non-cereal selection may be offered instead of cold cereal

Milk served with breakfast contains no artificial growth hormones or antibiotics

Menu is subject to change based on availability and quality of food items

