







# Flossmoor Hills, Serena Hills & Heather Hill February 2019 Breakfast Express Menu K-5

| Monday   | Tuesday   | Wednesday   | Thursday  | Friday  |
|--|---|---|---|---|
|    |   |                          |   | <b>February 1</b><br><b>Cold Cereal*</b><br>Graham Crackers*<br>100% Juice<br>Milk<br>Fresh Fruit Basket  |
|    | <b>February 4</b><br><b>Cereal*</b><br>Graham Crackers*<br>100% Juice<br>Milk<br>Fresh Fruit Basket       | <b>February 5</b><br><b>Cold Cereal*</b><br>Graham Crackers*<br>100% Juice<br>Milk<br>Fresh Fruit Basket  | <b>February 6</b><br><b>Cold Cereal*</b><br>Graham Crackers*<br>100% Juice<br>Milk<br>Fresh Fruit Basket  | <b>February 7</b><br><b>Cold Cereal*</b><br>Graham Crackers*<br>100% Juice<br>Milk<br>Fresh Fruit Basket  |
|    | <b>February 11</b><br><b>Cold Cereal*</b><br>Graham Crackers*<br>100% Juice<br>Milk<br>Fresh Fruit Basket | <b>February 12</b><br><b>Cold Cereal*</b><br>Graham Crackers*<br>100% Juice<br>Milk<br>Fresh Fruit Basket | <b>February 13</b><br><b>Cold Cereal*</b><br>Graham Crackers*<br>100% Juice<br>Milk<br>Fresh Fruit Basket | <b>February 14</b><br><b>Cold Cereal*</b><br>Graham Crackers*<br>100% Juice<br>Milk<br>Fresh Fruit Basket |
|  | <b>February 18</b><br><b>NO SCHOOL</b>  | <b>February 19</b><br><b>Cold Cereal*</b><br>Graham Crackers*<br>100% Juice<br>Milk<br>Fresh Fruit Basket | <b>February 20</b><br><b>Cold Cereal*</b><br>Graham Crackers*<br>100% Juice<br>Milk<br>Fresh Fruit Basket | <b>February 21</b><br><b>Cold Cereal*</b><br>Graham Crackers*<br>100% Juice<br>Milk<br>Fresh Fruit Basket |
|  | <b>February 25</b><br><b>Cold Cereal*</b><br>Graham Crackers*<br>100% Juice<br>Milk<br>Fresh Fruit Basket | <b>February 26</b><br><b>Cold Cereal*</b><br>Graham Crackers*<br>100% Juice<br>Milk<br>Fresh Fruit Basket | <b>February 27</b><br><b>Cold Cereal*</b><br>Graham Crackers*<br>100% Juice<br>Milk<br>Fresh Fruit Basket | <b>February 28</b><br><b>Cold Cereal*</b><br>Graham Crackers*<br>100% Juice<br>Milk<br>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

