

# FEBRUARY— Breakfast Menu Chesapeake High School



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Egg & Cheese Biscuit Assorted Whole Grain Cereal with Belly Bears Pears Assorted Fresh Fruit Chilled Juice Low Fat Milk	2 Decorated Donuts Assorted Whole Grain Cereal with Belly Bears Blueberries Assorted Fresh Fruit Chilled Juice Low Fat Milk
5 French Toast Sticks with Syrup Assorted Whole Grain Cereal with Belly Bears Sliced Oranges Assorted Fresh Fruit Chilled Juice Low Fat Milk	6 Sausage Gravy & Biscuit Assorted Whole Grain Cereal with Belly Bears Pears Assorted Fresh Fruit Chilled Juice Low Fat Milk	7 Cook's Choice Assorted Whole Grain Cereal with Belly Bears Applesauce Assorted Fresh Fruit Chilled Juice Low Fat Milk	8 Sausage, Egg, & Cheese on English Muffin Assorted Whole Grain Cereal with Belly Bears Blueberries Assorted Fresh Fruit Chilled Juice Low Fat Milk	9 Fresh Baked Cinnamon Roll Assorted Whole Grain Cereal with Belly Bears Peaches Assorted Fresh Fruit Chilled Juice Low Fat Milk
12 Sausage & Cheese Biscuit Assorted Whole Grain Cereal with Belly Bears Mixed Fruit Assorted Fresh Fruit Chilled Juice Low Fat Milk	13 Bacon, Egg & Cheese on Whole Grain Bagel Assorted Whole Grain Cereal with Belly Bear Fruit Salad Assorted Fresh Fruit Chilled Juice Low Fat Milk	14 Cook's Choice Assorted Whole Grain Cereal with Belly Bears Mandarin Oranges Assorted Fresh Fruit Chilled Juice Low Fat Milk	15 Egg, Ham, & Cheese Biscuit Assorted Whole Grain Cereal with Belly Bears Strawberries Assorted Fresh Fruit Chilled Juice Low Fat Milk	16 Decorated Donuts Assorted Whole Grain Cereal with Belly Bears Pineapple Tidbits Assorted Fresh Fruit Chilled Juice Low Fat Milk
19 Bacon, Egg, & Cheese on English Muffin Assorted Whole Grain Cereal with Belly Bears Sliced Oranges Assorted Fresh Fruit Chilled Juice Low Fat Milk	20 Confetti Pancakes with Syrup Assorted Whole Grain Cereal with Belly Bears Pears Assorted Fresh Fruit Chilled Juice Low Fat Milk	21 Cook's Choice Assorted Whole Grain Cereal with Belly Bears Applesauce Assorted Fresh Fruit Chilled Juice Low Fat Milk	22 Sausage Gravy & Biscuit Assorted Whole Grain Cereal with Belly Bears Blueberries Assorted Fresh Fruit Chilled Juice Low Fat Milk	23 Fresh Baked Cinnamon Roll Assorted Whole Grain Cereal with Belly Bears Peaches Assorted Fresh Fruit Chilled Juice Low Fat Milk
26 Waffles with Syrup Assorted Whole Grain Cereal with Belly Bears Mixed Fruit Assorted Fresh Fruit Chilled Juice Low Fat Milk	27 Pancakes with Syrup Assorted Whole Grain Cereal with Belly Bears Fruit Salad Assorted Fresh Fruit Chilled Juice Low Fat Milk	28 Cook's Choice Assorted Whole Grain Cereal with Belly Bears Mandarin Oranges Assorted Fresh Fruit Chilled Juice Low Fat Milk	29 Egg & Cheese on Whole Grain Bagel Assorted Whole Grain Cereal with Belly Bears Strawberries Assorted Fresh Fruit Chilled Juice Low Fat Milk	1 Decorated Donuts Assorted Whole Grain Cereal with Belly Bears Pineapple Tidbits Assorted Fresh Fruit Chilled Juice Low Fat Milk

## What Makes a Breakfast Meal?

You must choose at least 3 of 4 components available for the school breakfast price.

Entrée, 1 Cup Fruit, and 1/2 Pint Milk

## Middle School & High School Grab and Go Alternate

### Options May Include:

Muffins & Belly Bears  
Breakfast Bar  
Breakfast Pastries  
Yogurt & Belly Bears

Variety of Fresh Fruit, 100% Fruit Juice and Canned Fruits available daily.



## Milk Choices Offered Daily

Fat Free Chocolate, Fat Free Strawberry,  
Fat Free White or Low Fat White

Proud to manage your  
food service program



The School District does not discriminate on the basis of age, race, color, national or ethnic origin, sex or handicap in employment practices or in administration of any of its education programs and activities in accordance with applicable federal statutes and regulations. EOE

**MENUS SUBJECT TO CHANGE**