

# FEBRUARY

**Breakfast**



## HERITAGE ACADEMY SAN ANTONIO

Monday	Tuesday	Wednesday	Thursday	Friday
January 28, 2019	January 29, 2019	January 30, 2019	January 31, 2019	February 1, 2019
				CINNAMON CHEX ^ Maple Breakfast Square ^ Fresh Apple Choice of Milk
February 4, 2019	February 5, 2019	February 6, 2019	February 7, 2019	February 8, 2019
MULTI GRAIN CHEERIOS^ Maple Breakfast Square ^ Craisins Orange Juice Choice of Milk	TURKEY HAM & CHEESE ON ENGLISH MUFFIN ^ Diced Peaches Grape Juice Choice of Milk	COCOA PUFFS ^ Animal Grahams ^ Fresh Apple Choice of Milk	STRAWBERRY PANCAKES ^ Fresh Orange Blended Fruit Juice Choice of Milk	Choice of Milk PLAIN BAGEL ^ Cream Cheese Fresh Apple
February 11, 2019	February 12, 2019	February 13, 2019	February 14, 2019	February 15, 2019
Strawberry/Banana Yogurt Granola ^ Craisins Blended Fruit Juice Choice of Milk	FRENCH TOAST STICKS ^ Diced Pears Apple-Cranberry Juice Syrup Choice of Milk	MOZZARELLA CHEESE STICK Lemon Mini Loaf ^ Fresh Apple Choice of Milk	BEEF SAUSAGE SLIDER ^ Fresh Banana Grape Juice Assorted Jelly Choice of Milk	CINNAMON TOAST CRUNCH ^ Strawberry Pancake Square ^ Fresh Apple Choice of Milk
February 18, 2019	February 19, 2019	February 20, 2019	February 21, 2019	February 22, 2019
NO SCHOOL	GOLDEN GRAHAM CEREAL ^ Vanilla Waffle Square ^ Craisins Orange Juice Choice of Milk	PUMPKIN LOAF ^ Mozzarella Cheese Stick Fresh Apple Choice of Milk	CHICKEN BISCUIT ^ Craisins Fresh Orange Ketchup Choice of Milk	Strawberry Yogurt Blueberry Muffin ^ Fresh Apple Choice of Milk
February 25, 2019	February 26, 2019	February 27, 2019	February 28, 2019	March 1, 2019
MOZZARELLA CHEESE STICK Corn Muffin ^ Diced Pears Craisins Choice of Milk	WAFFLES ^ Pineapple Tidbits Orange Juice Syrup Choice of Milk	FRUITY CHEERIOS ^ Animal Grahams ^ Fresh Apple Choice of Milk	EGG & CHEESE BAGEL ^ Fresh Banana Grape Juice Choice of Milk	

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK. \*\* MENU SUBJECT TO CHANGE \*\*

^ Denotes item is whole-grain/whole wheat

\*\*\* This institution is an equal opportunity provider.

[www.preferredmeals.com](http://www.preferredmeals.com)

