



# February 2020

2:29:00 PM

Wednesday, February 5, 2020

K-7 1

10084 /

## Noor International Academy Breakfast

| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY   |
|--|---|--|--|--|
| <b>3</b><br>Cinn Chex Cereal WG (23)<br>Applesauce Cup 4oz (22)<br>Juice 100%- 4oz (15)<br>Milk Choice 8oz                                     | <b>4</b><br>Soft Filled Bread<br>Fresh Fruit (22)<br>Juice 100%- 4oz (15)<br>Milk Choice 8oz              | <b>5</b><br>Yogurt 4 oz (16)<br>Scooby Doo Grahams WG (21)<br>Banana 1 ea (34)<br>Juice 100%- 4oz (15)<br>Milk Choice 8oz  | <b>6</b><br>Mini Blueberry Waffle WG IW<br>Apple Slices 1pkg 1/2c (7)<br>Juice 100%- 4oz (15)<br>Milk Choice 8oz                       | <b>7</b><br>Bagels Mini, Strawberry WG (41)<br>Fresh Fruit (22)<br>Juice 100%- 4oz (15)<br>Milk Choice 8oz |
| <b>10</b><br>Cinn. Toast Crunch Cereal(RS) (22)<br>Applesauce Cup 4oz (22)<br>Grahams Minis WG (24)<br>Juice 100%- 4oz (15)<br>Milk Choice 8oz | <b>11</b><br>Mini Cini -(Cold)WG (40)<br>Fresh Fruit (22)<br>Juice 100%- 4oz (15)<br>Milk Choice 8oz      | <b>12</b><br>Yogurt 4 oz (16)<br>Scooby Doo Grahams WG (21)<br>Banana 1 ea (34)<br>Juice 100%- 4oz (15)<br>Milk Choice 8oz | <b>13</b><br>Trix Cereal Bar WG (30)<br>Cheese Stick 1 oz (1)<br>Apple Slices 1pkg 1/2c (7)<br>Juice 100%- 4oz (15)<br>Milk Choice 8oz | <b>14</b><br>Tripleberry Crunch Bar (42)<br>Fresh Fruit (22)<br>Juice 100%- 4oz (15)<br>Milk Choice 8oz    |
| <b>17</b><br>Kix Cereal (14)<br>Applesauce Cup 4oz (22)<br>Grahams Minis WG (24)<br>Juice 100%- 4oz (15)<br>Milk Choice 8oz                    | <b>18</b><br>Blueberry Muffin WG IW 2oz<br>Fresh Fruit (22)<br>Juice 100%- 4oz (15)<br>Milk Choice 8oz    | <b>19</b><br>Yogurt 4 oz (16)<br>Banana 1 ea (34)<br>Grahams Minis WG (24)<br>Juice 100%- 4oz (15)<br>Milk Choice 8oz      | <b>20</b><br>Bagel WG (28)<br>Strawberry Cream Cheese (1)<br>Apple Slices 1pkg 1/2c (7)<br>Juice 100%- 4oz (15)<br>Milk Choice 8oz     | <b>21</b><br>French Toast Mini Berry IW<br>Fresh Fruit (22)<br>Juice 100%- 4oz (15)<br>Milk Choice 8oz     |
| <b>24</b><br>Rice Chex Cereal WG<br>Applesauce Cup 4oz (22)<br>Juice 100%- 4oz (15)<br>Milk Choice 8oz   | <b>25</b><br>Double Chocolate Muffin WG IW<br>Fresh Fruit (22)<br>Juice 100%- 4oz (15)<br>Milk Choice 8oz | <b>26</b><br>Yogurt 4 oz (16)<br>Banana 1 ea (34)<br>Grahams Minis WG (24)<br>Juice 100%- 4oz (15)<br>Milk Choice 8oz      | <b>27</b><br>*Closed*  | <b>28</b><br>Bagels Mini, Cinnamon WG<br>Fresh Fruit (22)<br>Juice 100%- 4oz (15)<br>Milk Choice 8oz       |
|  |   |  |  |  |

Carb Counts  
included in  
parenthesis ( )  
for each item

\* Carb counts are estimated based on nutrition labels from the manufacturer and USDA data

Milk Carbs:  
Fat Free White Milk 1/2 Pint (Purple)(12)  
1% White Milk 1/2 Pint (Green)(12)

\*(V) indicates a vegetarian entree

This institution is an equal opportunity provider.