

February 2010

LGHS/WMS Breakfast

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| Cheese Grits Sausage Or Cereal with Graham Crackers Juice Milk 1 | Pop tart with fruit Or Cereal with Graham Crackers Milk 2 | Hashbrown with Sausage Or Cereal with Graham Crackers Juice Milk 3 | Breakfast Pizza Or Cereal with Graham Crackers Juice Milk 4 | Blueberry Muffin Or Cereal with Graham Crackers Mixed Fruit Milk 5 |
| French Toast Sticks Sausage Link Or Cereal with Graham Cracker Juice Milk 8 | Super Donut Or Cereal with Graham Crackers Orange Wedges Milk 9 | Bagel w/Cream Cheese Or Cereal with Graham Crackers Juice Milk 10 | Pancakes Yogurt Or Cereal with Graham Crackers Juice Milk 11 | Breakfast Pizza Or Cereal with Graham Crackers Juice Milk 12 |
| Waffles Ham Or Cereal with Graham Cracker Juice Milk 15 | Breakfast Pizza Or Cereal with Graham Crackers Juice Milk 16 | Scrambled Eggs Hashbrown Or Cereal with Graham Cracker Orange Wedge Milk 17 | Sausage Biscuit Or Cereal with Graham Cracker Juice Milk 18 | Pancakes Fruit Cup Or Cereal with Graham Crackers Milk 19 |
| Breakfast on a Stick Or Cereal with Graham Cracker Milk 22 | Blueberry Muffin Or Cereal with Graham Crackers Milk 23 | Sausage Biscuit Or Cereal with Graham Cracker Juice Milk 24 | Grits with Eggs Or Cereal with Graham Cracker Juice Milk 25 | Pop tart with fruit Or Cereal with Graham Crackers Milk 26 |

Guess What?

Your heart can beat up to 40,000,000 times per year!
Roller-skating involves all of the body's muscles, especially the heart, and provides a complete aerobic workout.

Available Daily

Milk:
1% Low Fat
Fat Free
Chocolate
Strawberry
Vanilla

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