


Darrell Lynn Hines Academy

Meals prepared by MCFI
K-12 Breakfast



February 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 WG Blueberry Muffin Cheese Stick 100% Fruit Juice Seasonal Fruit Choice of Milk	2 WG Blueberry Chex WG Apple Cinnamon Bear Graham 100% Fruit Juice Seasonal Fruit Choice of Milk	3 WG Vanilla Bear Graham Yogurt Cup 100% Fruit Juice Seasonal Fruit Choice of Milk
6 WG Cinnamon Breakfast Bread 100% Fruit Juice Applesauce Cup Choice of Milk	7 WG Golden Grahams Cheese Stick 100% Fruit Juice Seasonal Fruit Choice of Milk <u>Hot Breakfast of the Week*:</u> WG Blueberry Glazed Pancakes	8 WG Cheerios WG Maple Waffle Graham 100% Fruit Juice Seasonal Fruit Choice of Milk	9 WG Banana Chocolate Chip Granola Round 100% Fruit Juice Seasonal Fruit Choice of Milk	10 WG Multigrain Cheerios Spicy Sunflower Seeds 100% Fruit Juice Seasonal Fruit Choice of Milk
13 WG Banana Breakfast Bread 100% Fruit Juice Seasonal Fruit Choice of Milk	14 WG Vanilla Bear Grahams Cheese Stick 100% Fruit Juice Seasonal Fruit Choice of Milk <u>Hot Breakfast of the Week*:</u> WG Sausage and Cheese Burrito	15 WG Triple Berry Dunker Bar 100% Fruit Juice Seasonal Fruit Choice of Milk	16 Multigrain Frosted Flakes Honey Roasted Sunflower Seeds 100% Fruit Juice Seasonal Fruit Choice of Milk	NO SCHOOL
NO SCHOOL	21 WG Chocolate Bear Graham Creamy Chickpea Spread 100% Fruit Juice Seasonal Fruit Choice of Milk <u>Hot Breakfast of the Week*:</u> WG Mini Maple Pancake Bites	22 WG Cinnamon Flakes WG Maple Waffle Graham 100% Fruit Juice Seasonal Fruit Choice of Milk	23 WG Honey Bunches of Oats Vanilla Yogurt Cup 100% Fruit Juice Seasonal Fruit Choice of Milk	24 WG Cinnamon Chex WG Strawberry Waffle Graham 100% Fruit Juice Seasonal Fruit Choice of Milk
27 Multigrain Frosted Flakes Hard Boiled Egg or Cheese Stick 100% Fruit Juice Seasonal Fruit Choice of Milk	28 WG Vanilla Honey Bunches of Oats WG Cinnamon Goldfish Graham 100% Fruit Juice Seasonal Fruit Choice of Milk <u>Hot Breakfast of the Week*:</u> WG Turkey Ham and Cheese Stuffers	MILK FOR SCHOOL: SKIM WHITE LOW FAT WHITE SKIM CHOCOLATE MENU SUBJECT TO CHANGE		

