

Amana West Breakfast Menu February 2023

		1. G-Cereal Bar (WG) F-1c-Fresh Banana M-8-Low fat or skim milk	2. G – Blueberry Muffin Fruit Yogurt F-1c -Fresh Orange Wedges M-Low fat or skim milk	3. No School
6 G – Blueberry Muffin Fruit Yogurt F-1c -Fresh Orange Wedges M-Low fat or skim milk	7 G-Assorted Cereal F- 4oz Diced Pears F- 4oz -100% Fruit Juice M-Low fat or skim milk	8 -Cereal Bar (WG) w/ M/MA-String Cheese F-1c -Banana M-Low fat or skim milk	9 G- WG Bagels/ Cream Cheese F-1c -Fresh Apples M-Low fat or skim milk	10 WG Apple Cinnamon Muffin Graham Crackers F-4oz-Tropical Fruit F-4oz Fruit Juice M-Low fat or skim milk
13. M/MA- Cinnamon Rolls F-1c Fresh Orange M-Low fat or skim milk	14 G-Assorted Cereal F- 4oz Diced Pears F- 4oz -100% Fruit Juice M-Low fat or skim milk	15 G-Cereal Bar (WG) F-1c-Fresh Banana M-8-Low fat or skim milk	16 G- WG Bagels/ Cream Cheese F-1c -Peaches M-Low fat or skim milk	17 G- WG Blueberry Muffin G – Yogurt F-1c -Fresh Apples M-Low fat or skim milk
20 No school	21 No School	22 G – WG Muffins 4oz - Fruit Yogurt F-1c -Fresh Orange Wedges M-Low fat or skim milk	23 G- WG Pop-Tarts F-1c -Peaches M-Low fat or skim milk	24. WG Bagels/ Cream Cheese F-1c -Fresh Apples M-Low fat or skim milk

<p>27.</p> <p>G-Assorted Cereal F- 4oz Diced Pears F- 4oz -100% Fruit Juice M-Low fat or skim milk</p>	<p>28.</p> <p>G – Blueberry Muffins 4oz - Fruit Yogurt F-1c -Fresh Orange Wedges M-Low fat or skim milk</p>			