

February 2018

East Washington Elementary

BREAKFAST



Fresh Fruit & Salad with 2 Other Sides Daily
Free/Reduced Applications Available in each office or
online at www.ewsc.k12.in.us
*This institution is an equal opportunity provider



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods.
Go light on the meat and top your pizza with vegetables like tomatoes,
onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

Breakfast Daily 7:50-8:10
S: \$1.50 A: \$1.80
Lunch:
S: \$2.50 A: \$3.30



Tuesday

Wednesday

Thursday

Friday

Apple Jacks or Oatmeal **5**
Toast
Sliced Peaches
100% Fruit Juice
Milk

Egg Omelet **6**
Toast
Raisins
100% Fruit Juice
Milk

Breakfast Sliders **7**
Applesauce Cups
100% Fruit Juice
Milk

Breakfast On A Stick **8**
Syrup
Fresh Banana
100% Fruit Juice
Milk

Sausage Biscuit **9**
Fruit Salad
100% Fruit Juice
Milk

Froot Loops or Oatmeal **12**
Toast
Sliced Pears
100% Fruit Juice
Milk

Cheesy Bacon Eggs **13**
Toast
Fresh Oranges
100% Fruit Juice
Milk

Cook's Choice Pastry **14**
Applesauce Cup
100% Fruit Juice
Milk

Blueberry Pancakes **15**
Syrup
Raisins
100% Fruit Juice
Milk

NO SCHOOL **16**

NO SCHOOL

President's Day **19**

NO SCHOOL

Egg Omelet **20**
Toast
Sliced Peaches
100% Fruit Juice
Milk

Breakfast Pizza **21**
Mixed Fruit
100% Fruit Juice
Milk

Frosted Cinn. Pop Tart **22**
Cheese Stick
Fresh Banana
100% Fruit Juice
Milk

Sausage Biscuit & Gravy **23**
Applesauce Cup
100% Fruit Juice
Milk

Cinn. Toast Crunch or **26**
Oatmeal
Sliced Pears
Toast 100% Fruit Juice
Milk

Egg/Cheese Biscuit **27**
Mixed Fruit
100% Fruit Juice
Milk

Mini Maple Pancakes **28**
Syrup
Blueberries
100% Fruit Juice
Milk



In the operation of children feeding
programs, no child will be discriminated
against because of race, color, national
origin, age, or disability.