



# February 2019

## Academy Breakfast Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Need the nutrition information for our menu items?  
 → Visit [psd202.schooldish.com](http://psd202.schooldish.com) and click on Menus & Nutrition.  
 → On the very left hand side of the screen, it will say Elementary School, Middle School & High School. Each of these links will bring you to an interactive weekly menu with Nutrition Labels for each menu item.

**1**  
 Chocolate Muffin  
 Bear Grahams

Fruit & Milk

Special News...  
**More Info...**

Breakfast is the most important meal of the day! Get your body ready for the day. Feel full and focused! If you already ate, save your pouch for a snack pack later.

**4**  
 Banana Muffin  
 Elf Grahams

Fruit & Milk

**5**  
 Coco Puff Bar  
 Scooby Doo  
 Grahams

Fruit & Milk

**6**  
 Jurassic Grahams  
 Poptart

Fruit & Milk

**7**  
 Nutri Grain Bar  
 Scooby Doo  
 Grahams

Fruit & Milk

**8**  
 Chocolate Muffin  
 Bear Grahams

Fruit & Milk

**11**  
 Banana Muffin  
 Elf Grahams

Fruit & Milk

**12**  
 Coco Puff Bar  
 Scooby Doo  
 Grahams

Fruit & Milk

**13**  
 Jurassic Grahams  
 Poptart

Fruit & Milk

**14**  
 Nutri Grain Bar  
 Scooby Doo  
 Grahams

Fruit & Milk

**15**  
 Chocolate Muffin  
 Bear Grahams

Fruit & Milk



**19**  
 Coco Puff Bar  
 Scooby Doo  
 Grahams

Fruit & Milk

**20**  
 Jurassic Grahams  
 Poptart

Fruit & Milk

**21**  
 Nutri Grain Bar  
 Scooby Doo  
 Grahams

Fruit & Milk

**22**  
 Chocolate Muffin  
 Bear Grahams

Fruit & Milk

**25**  
 Banana Muffin  
 Elf Grahams

Fruit & Milk

**26**  
 Coco Puff Bar  
 Scooby Doo  
 Grahams

Fruit & Milk

**27**  
 Jurassic Grahams  
 Poptart

Fruit & Milk

**28**  
 Nutri Grain Bar  
 Scooby Doo  
 Grahams

Fruit & Milk

**29**  
 Chocolate Muffin  
 Bear Grahams

Fruit & Milk

Menus are subject to change without notice.

### Special News...

If you currently received FREE or REDUCED (\$0.40) lunch you also are able to get a FREE

