



George Washington

February 2018
Breakfast Menu

Get a Healthy Start to Your Day with School Breakfast!

**Student Breakfast
FREE**

**Adult Breakfast
\$2.65**

All Meals Served with Choice of:



Fresh or
Canned Fruit

1% Low Fat Milk
or Fat Free Milk



NUTRITION NEWS:

February is Heart Healthy Month! The heart is one of the most

important organs in the body, on average beating 60-100 times per minute, so it's important to keep it healthy! Eating

well-balanced meals that include a combination of whole grains, lean proteins, fruits, vegetables, and low-fat dairy will help keep your heart healthy! Physical activity is also important because it helps lower blood pressure and helps our bodies control stress. Set a goal to be physically active at least 60 minutes per day!



Monday	Tuesday	Wednesday	Thursday	Friday
	<i>Keep your heart happy by choosing healthy options!</i>		1 Chocolate Chip Muffin with Cheese Stick 100% Fruit Juice	2 Apple Cinnamon Muffin with Graham Crackers 100% Fruit Juice
5 Cereal Bar with Graham Crackers 100% Fruit Juice	6 Slice of Banana Bread 100% Fruit Juice	7 String Cheese with Graham Crackers 100% Fruit Juice	8 Chocolate Chip Muffin with Cheese Stick 100% Fruit Juice	9 Apple Cinnamon Muffin with Graham Crackers 100% Fruit Juice
12 Cereal Bar with Graham Crackers 100% Fruit Juice	13 Slice of Banana Bread 100% Fruit Juice	14 String Cheese with Graham Crackers 100% Fruit Juice	15 Chocolate Chip Muffin with Cheese Stick 100% Fruit Juice	16 School Closed
19 President's Day School Closed	20 Slice of Banana Bread 100% Fruit Juice	21 String Cheese with Graham Crackers 100% Fruit Juice	22 Chocolate Chip Muffin with Cheese Stick 100% Fruit Juice	23 Apple Cinnamon Muffin with Graham Crackers 100% Fruit Juice
26 Cereal Bar with Graham Crackers 100% Fruit Juice	27 Slice of Banana Bread 100% Fruit Juice	28 String Cheese with Graham Crackers 100% Fruit Juice		

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MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"