



February High School Breakfast Menu



Monday	Tuesday	Wednesday	Thursday	Friday	
					R I S E S H I N E E A T A H E A L T H Y B R E A K F A S T
3rd Nutri-Grain Strawberry Cereal Bar with Chocolate Chip Oatmeal Bites Apple Slices Apple Juice Milk	4th Low Fat String Cheese with Strawberry Yogurt Chex Mix Apple Slices Apple Juice Milk	5th Whole Grain Poptart Cinnamon Bug Bites Fresh Banana Apple Juice Milk	6th Cocoa Puff Cereal Bar Bug Bites Apple Slices Apple Juice Milk	7th Whole Grain Cherry Frudel Fresh Banana Apple Juice Milk	
10th Cinnamon Toast Crunch Cereal Bar Bug Bites Apple Slices Apple Juice Milk	11th Nutri-Grain Bar Strawberry Teddy Grahams Apple Slices Apple Juice Milk	12th Chocolate Chip Banana Benefit Bar Fresh Banana Apple Juice Milk	13th Whole Grain Poptart Cinnamon Bug Bites Apple Slices Apple Juice Milk	In Service Day Schools Closed	
President's Day Schools Closed	18th Trix Cereal Bar Teddy Grahams Apple Slices Apple Juice Milk	19th Whole Grain Bagel with Sunbutter Fresh Banana Apple Juice Milk	20th Cocoa Puff Cereal Bar Bug Bites Apple Slices Apple Juice Milk	21st Whole Grain Poptart Cinnamon Oatmeal Bite S'mores Fresh Banana Apple Juice Milk	
24th Oatmeal Chocolate Chip Cereal Bar Teddy Grahams Apple Slices Apple Juice Milk	25th Nutri-Grain Apple Cereal Bar with Chocolate Chip Oatmeal Bites Apple Slices Apple Juice Milk	26th Whole Grain Chocolate Crescent Fresh Banana Apple Juice Milk	27th Whole Grain Poptart Frosted Fudge Bug Bites Apple Slices Apple Juice Milk	28th Whole Grain Mini Cinni Roll Fresh Banana Apple Juice Milk	

Upper Darby School District High School Breakfast Menu - All Students Have Access to Breakfast at no Cost!!

Low Fat Milk and Fresh Fruit Offered with Every Meal
Breakfast - A Great Way to Start Your Day

Menu Items Do Not Contain Pork Product
 Menu Subject to Change without Notice

