

# RED BANK CHARTER SCHOOL

February

Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
Vanilla Yogurt-4oz W/G Granola-1oz Honey Nut Cheerios-1oz Fresh Fruit-1	Fruit Smoothies-1 ½ c Peaches-1/2c Strawberry ½ C and Orange Juice Trix Cereal-1oz	W/G Pancakes-3 Turkey Sausage-3 Fresh Fruit-1 Milk-8oz	Muffins-1 Waffle Grahams-2 Fresh Fruit-1 Milk-8 oz	Fruit Smoothies-1 ½ c Mixed Fruit-1/2 c Apple and Orange Juice-4oz Honey Nut Cheerios-1oz Grahams Crackers-2 Milk-8oz
	Grahams Crackers-2 Milk-8oz			
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
Vanilla Yogurt-4oz W/G Granola-1oz Trix Cereal-1oz Fresh Fruit-1 Milk-8oz	Egg & Croissant Turkey Sausage-3 Fresh Fruit-1 Milk-8oz	Scramble Eggs-4oz Turkey Bacon-3 W/G Bread Slice-1 Fresh Fruit-1 Milk-8oz	Bagels-1 Cream Cheese Fresh Fruit-1 Milk-8 oz	NO SCHOOL
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
NO SCHOOL	Fruit Smoothies-1 ½ c Apricot-1/2c Banana-1/2 and Apple Juice-4oz Waffle Grahams-2 Honey Nut Cheerios-1oz Milk-8oz	W/G Waffle Turkey Sausage-3 Fresh Fruit-1 Milk-8oz	Oatmeal Grahams Crackers-2 Fresh Fruit-1 Milk-8 oz	Fruit Smoothies Strawberry 1/2c Blueberry 1/2 Orange Juice-4oz Waffle Grahams-2 Trix Cereal-1oz Milk-8oz
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
Vanilla Yogurt-4oz W/G Granola-1oz Trix Cereal-1oz Fresh Fruit-1 Milk-8oz	French Toast Sticks-3 Turkey Bacon-3 Fresh Fruit-1 Milk-8oz	Muffins-1 Waffle Crackers-2 Fresh Fruit-1 Milk-8oz	Egg & Croissant Turkey Sausage-3 Fresh Fruit-1 Milk-8oz	Fruit Smoothies Peaches-1/2c Apricot 1/2c and Orange Juice-4oz Grahams Crackers-2 Honey Nut Cheerios 1oz Milk-8oz