

Monday	Tuesday	Wednesday	Thursday	Friday
Feb. 12 Cereal Kit: Cereal Choice Additional Grain 100% fruit juice Add Another Fruit Milk Choice	Feb. 13 Breakfast Pizza or Whole Grain Cereal Choice with Graham Crackers, 100% Fruit Juice Choice, Assorted Fruits and Milk Choice	Feb. 14 Warm bagel with cream cheese a hard boiled egg, 100% Fruit Juice, Assorted Fruit Option Milk Choice or Whole Grain Cereal Choice with Graham Crackers	Feb. 15 Scrambled Egg with a Bagel or Whole Grain Cereal Choice with Graham Crackers, 100% Fruit Juice, Assorted Fruit Option and Milk Choice	Feb. 16 Professional Development Day No School Today
Feb. 19 President's Day No school Today	Feb. 20 Professional Development Day No School Today	Feb. 21 French Toast Sticks with Egg Patty, or Whole Grain Cereal choice with Goldfish Crackers, 100% Fruit Juice, Orange Smiles and Milk Choice	Feb. 22 Egg and Cheese on a Warm Bagel or Whole Grain Cereal Choice with Teddy Bear Graham Crackers, 100% Fruit Juice, Fresh Apples and Milk Choice	Feb. 23 Assorted Warm Fruit Muffins or Whole Grain Cereal Choice with Sunrise Bite Crackers 100% Fruit Juice and Milk Choice
Feb. 26 Cereal Kit: Cereal Choice Additional Grain 100% fruit juice Add Another Fruit Milk Choice	Feb. 27 French toast sticks or Whole grain cereal choice with Goldfish Crackers 100% fruit juice and Milk Choice	Feb. 28 Egg, sausage and cheese bagel sandwich Or whole grain cereal choice with graham crackers, 100% fruit juice, orange smiles Assorted milk choice	March 1 Warm apple filled bread stick or choice of whole grain cereal with abc graham crackers 100% fruit juice, fresh assorted fruit, Milk choice	March 2 Assorted Warm Fruit Muffins, Hard Boiled Egg, or Whole Grain Cereal, with Goldfish Crackers, 100% Fruit Juice Fresh or canned fruit Option and Milk Choice
March 5 Cereal Kit: Cereal Choice Goldfish crackers 100% fruit juice Assorted Fruit choice Milk choice	March 6 Yogurt with Granola or Whole Grain Cereal Choice with Goldfish Crackers, 100% Fruit Juice Assorted Fresh Fruits and Milk Choice	March 7 Breakfast Pizza or Whole Grain Cereal Choice, Graham Crackers, 100%Fruit Juice, Orange Smiles and Milk Choice	March 8 Scrambled Egg with a Whole Grain Bagel or Whole Grain Cereal Choice with Graham Crackers, 100% Fruit Juice, Fruit Options and Milk Choice	March 9 Assorted Warm Fruit Muffins, Hard Boiled Egg, or Whole Grain Cereal, with Goldfish Crackers, 100% Fruit Juice Fresh or canned fruit Option and Milk Choice
March 20 Cereal Kit: Cereal Choice Graham crackers 100% Fruit Juice Fresh apples Milk Choice	March 21 Assorted Warm Fruit Muffin with a Hard Boiled Egg, 100% Fruit Juice, Fresh Apples and Milk Choice	March 22 Maple Burst Pancakes or Cereal Choice, with Teddy Bear Grahams, 100% Fruit Juice Choice, Fresh or Canned Fruit, Milk Choice	March 23 Egg, sausage and Cheese Bagel Sandwich or Whole Grain Cereal Choice with Gold Fish Crackers, 100% Fruit Juice, Assorted Fruit Options and Milk Choice	March 24 Assorted yogurt with Chocolate Teddy Bear Grahams, 100% Fruit Juice, Assorted Fruit Option and Milk Choice

All juice drinks are 100% fruit juice, whole grain cereal is offered daily.

This menu is subject to change without notice. Please remember applications for Free and Reduced Program is available on the Ashford School Website www.AshfordCt.org; please have your child bring his or her prepayments to cafeteria when entering school in the morning.

NO PREPAYMENTS Will BE ACCEPTED DURING LUNCH

Offered daily - Apples, Oranges, Raisins, Craisins, along with daily fruit choice.