

# FEBRUARY 2019

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

## DID YOU KNOW...

THE ROMAN MONTH FEBRUARIUS WAS NAMED AFTER THE LATIN TERM FEBRUUM, WHICH MEANS PURIFICATION, VIA THE PURIFICATION RITUAL FEBRUA HELD ON FEBRUARY 15 (FULL MOON) IN THE OLD LUNAR ROMAN CALENDAR.

1  
Buttered Toast  
w/Scrambled Eggs  
Applesauce  
Fruit Juice

4  
French Toast Sticks  
Pineapple Tidbits  
Fruit Juice

5  
Breakfast Pizza  
Diced Pears  
Fruit Juice

6  
Muffin  
Diced Peaches  
Fruit Juice

7  
Biscuit w/Turkey Sausage Patty  
Applesauce  
Fruit Juice

8  
Pop Tart  
Mandarin Orange  
Fruit Juice

11  
French Toast Sticks  
Pineapple Tidbits  
Fruit Juice

12  
Biscuit w/Turkey Sausage Patty  
Sliced Peaches  
Fruit Juice

13  
Buttered Toast  
w/Scrambled Eggs  
Orange Slices  
Fruit Juice

14  
Apple Frudel  
Diced Pears  
Fruit Juice

15  
Breakfast Pizza  
Applesauce  
Fruit Juice

18  
Chicken Patty w/Biscuit  
Sliced Peaches  
Fruit Juice

19  
Breakfast Pizza  
Diced Pears  
Fruit Juice

20  
Mini Blueberry Pancakes  
Mandarin Orange  
Fruit Juice

21  
Biscuit w/Turkey Sausage Patty  
Pineapple Tidbits  
Fruit Juice

22  
Pop Tart  
Applesauce  
Fruit Juice

25  
Breakfast Pizza  
Sliced Peaches  
Fruit Juice

26  
Apple Frudel  
Pineapple Tidbits  
Fruit Juice

27  
Pop Tart  
Diced Pears  
Fruit Juice

28  
Muffin  
Mandarin Orange  
Fruit Juice

Milk Choices Daily  
1% White, Skim White

Adult Meal Price for Breakfast is \$2.20

Menus are subject to change based on  
product availability

## Nutrition Education

*Eating a nutritious breakfast helps everyone fuel up for success in the classroom and beyond!*

Health reformer, James Caleb Jackson, used graham flour to create the first breakfast cereal in 1863 which he called Granola. He took the graham flour, mixed it with water, baked it, took it out, broke it up, baked it again and came out with the first breakfast cereal which was to be eaten soaked in water or milk. Some years later, John Harvey Kellogg invented his own cereal version, eventually calling it "Granola."

*Studies have shown that consuming breakfast first thing in the morning greatly decreases hunger and cravings throughout the day. Weird right? A lot of people skip breakfast to avoid eating extra calories, but by eating a high-fiber, nutrient-dense breakfast early in the morning, you are actually less likely to be hungry throughout the day.*

Students who eat breakfast are more likely to get fiber, calcium and other important nutrients. They also tend to keep their weight under control, have lower blood cholesterol levels and fewer absences from school, and make fewer trips to the school nurse with stomach complaints related to hunger.

This institution is an equal opportunity provider.

# FEBRUARY 2019

## Florence 3 School District K-6 Elementary (Breakfast)

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

### DID YOU KNOW...

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1  
Buttered Toast  
w/Scrambled Eggs  
Mixed Fruit  
Fruit Juice

4  
French Toast Sticks  
Pineapple Tidbits  
Fruit Juice

5  
Breakfast Pizza  
Diced Pears  
Fruit Juice

6  
Muffin  
Diced Peaches  
Fruit Juice

7  
Grits w/Turkey Sausage Patty  
Applesauce  
Fruit Juice

8  
Pancake w/Sausage on a Stick  
Mandarin Orange  
Fruit Juice

11  
French Toast Sticks  
Mixed Fruit  
Fruit Juice

12  
Waffle w/Syrup  
Sliced Peaches  
Fruit Juice

13  
Buttered Toast  
w/Scrambled Eggs  
Orange Slices  
Fruit Juice

14  
Breakfast Bites  
Diced Pears  
Fruit Juice

15  
Breakfast Pizza  
Applesauce  
Fruit Juice

18  
Chicken Patty w/Biscuit  
Sliced Peaches  
Fruit Juice

19  
Breakfast Pizza  
Diced Pears  
Fruit Juice

20  
Mini Blueberry Pancakes  
w/Syrup  
Mandarin Orange  
Fruit Juice

21  
Grits w/Turkey Sausage Patty  
Pineapple Tidbits  
Fruit Juice

22  
Pancake w/Sausage on a Stick  
Applesauce  
Fruit Juice

25  
Breakfast Pizza  
Sliced Peaches  
Fruit Juice

26  
Apple Frudel  
Pineapple Tidbits  
Fruit Juice

27  
Pancake w/Sausage on a Stick  
Diced Pears  
Fruit Juice

28  
Muffin  
Mandarin Orange  
Fruit Juice

### Milk Choices Daily

1% White, Skim White, Fat Free Chocolate,  
Fat Free Vanilla, Fat Free Strawberry

Cereal is offered daily with Breakfast

Adult Meal Price for Breakfast is \$2.20

Menus are subject to change based on  
product availability

### Nutrition Education

*Eating a nutritious breakfast helps everyone fuel up for success in the classroom and beyond!*

Health reformer, James Caleb Jackson, used graham flour to create the first breakfast cereal in 1863 which he called Granola. He took the graham flour, mixed it with water, baked it, took it out, broke it up, baked it again and came out with the first breakfast cereal which was to be eaten soaked in water or milk. Some years later, John Harvey Kellogg invented his own cereal version, eventually calling it "Granola."

*Studies have shown that consuming breakfast first thing in the morning greatly decreases hunger and cravings throughout the day. Weird right? A lot of people skip breakfast to avoid eating extra calories, but by eating a high-fiber, nutrient-dense breakfast early in the morning, you are actually less likely to be hungry throughout the day.*

Students who eat breakfast are more likely to get fiber, calcium and other important nutrients. They also tend to keep their weight under control, have lower blood cholesterol levels and fewer absences from school, and make fewer trips to the school nurse with stomach complaints related to hunger.

This institution is an equal opportunity provider.

# FEBRUARY 2019

Florence 3 School District  
 J. Paul Truluck, Ronald E. McNair & Lake City High  
 Middle/High School (Breakfast)

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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**1**  
 Grits w/Turkey Sausage Patty  
 Mixed Fruit  
 Fruit Juice

**4**  
 French Toast Sticks w/Syrup  
 Pineapple Tidbits  
 Fruit Juice

**5**  
 Breakfast Pizza  
 Or  
 Muffin  
 Diced Pears  
 Fruit Juice

**6**  
 Muffin  
 Or  
 Pop Tart & Cereal  
 Diced Peaches  
 Fruit Juice

**7**  
 Grits w/Turkey Sausage Patty  
 Applesauce  
 Fruit Juice

**8**  
 Pancake w/Sausage on a Stick  
 Or  
 Muffin  
 Mandarin Orange  
 Fruit Juice

**11**  
 French Toast Sticks  
 Mixed Fruit  
 Fruit Juice

**12**  
 Waffle w/Syrup  
 Or  
 Pop Tart & Cereal  
 Sliced Peaches  
 Fruit Juice

**13**  
 Breakfast Bites  
 Or  
 Breakfast Cereal Bar  
 Orange Slices  
 Fruit Juice

**14**  
 Grits w/Turkey Sausage Patty  
 Diced Pears  
 Fruit Juice

**15**  
 Breakfast Pizza  
 Or  
 Muffin  
 Applesauce  
 Fruit Juice

**18**  
 Chicken Patty w/Biscuit  
 Or  
 Yogurt & Cheese Stick  
 Sliced Peaches  
 Fruit Juice

**19**  
 Breakfast Pizza  
 Or  
 Muffin  
 Diced Pears  
 Fruit Juice

**20**  
 Mini Blueberry Pancakes  
 w/Syrup  
 Mandarin Orange  
 Fruit Juice

**21**  
 Grits w/Turkey Sausage Patty  
 Pineapple Tidbits  
 Fruit Juice

**22**  
 Pancake w/Sausage on a Stick  
 Or  
 Muffin  
 Applesauce  
 Fruit Juice

**25**  
 Breakfast Pizza  
 Or  
 Muffin  
 Sliced Peaches  
 Fruit Juice

**26**  
 Apple Frudel  
 Pineapple Tidbits  
 Fruit Juice

**27**  
 Pancake w/Sausage on a Stick  
 Or  
 Muffin  
 Diced Pears  
 Fruit Juice

**28**  
 Grits w/Turkey Sausage Patty  
 Mandarin Orange  
 Fruit Juice

### Milk Choices Daily

1% White, Skim White, Fat Free Chocolate,  
 Fat Free Vanilla, Fat Free Strawberry

Breakfast Cereal Bar and/or Cereal is  
 offered daily with Breakfast

Adult Meal Price for Breakfast is \$2.20

Menus are subject to change based on  
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