



Fox Valley Lutheran High School Breakfast Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Choose MyPlate.gov	FEBRUARY HARVEST OF THE MONTH Mango Bok Choy Lima Beans	1 BLACK HISTORY MONTH Egg Muffin Sandwich OR Assorted Cereals with Toast Juice or Fruit Milk	2 GROUND HOG DAY Waffle Sticks with Maple Syrup and Yogurt OR Assorted Cereals with Toast Juice or Fruit Milk 	3 Iced Cinnamon Roll OR Assorted Cereals with Toast Juice or Fruit Milk
6 Pancake on a Stick with Maple Syrup OR Assorted Cereals with Toast Juice or Fruit Milk	7 Chocolate Chip Banana Bread OR Assorted Cereals with Toast Juice or Fruit Milk	8 Cheese and Sausage Biscuit OR Assorted Cereals with Toast Juice or Fruit Milk	9 Cheese Omelet with Toast OR Assorted Cereals with Toast Juice or Fruit Milk	10 Iced Cinnamon Roll OR Assorted Cereals with Toast Juice or Fruit Milk
13 Egg and Bacon Breakfast Pizza OR Assorted Cereals with Toast Juice or Fruit Milk	14 VALENTINE'S DAY Warm Cinnamon Breakfast Cookies OR Assorted Cereals with Toast Juice or Fruit Milk	15 Egg Muffin Sandwich OR Assorted Cereals with Toast Juice or Fruit Milk	16 Waffle Sticks with Maple Syrup and Yogurt OR Assorted Cereals with Toast Juice or Fruit Milk	17 <u>No School</u>
20 PRESIDENTS DAY Pancake on a Stick with Maple Syrup OR Assorted Cereals with Toast Juice or Fruit Milk	21 FAT TUESDAY/MARDI GRAS Chocolate Chip Banana Bread OR Assorted Cereals with Toast Juice or Fruit Milk	22 ASH WEDNESDAY Cheese and Sausage Biscuit OR Assorted Cereals with Toast Juice or Fruit Milk	23 Cheese Omelet with Toast OR Assorted Cereals with Toast Juice or Fruit Milk	24 Iced Cinnamon Roll OR Assorted Cereals with Toast Juice or Fruit Milk
27 Egg and Bacon Breakfast Pizza OR Assorted Cereals with Toast Juice or Fruit Milk	28 Warm Cinnamon Breakfast Cookies OR Assorted Cereals with Toast Juice or Fruit Milk	29 LEAP DAY Egg Muffin Sandwich OR Assorted Cereals with Toast Juice or Fruit Milk 	Free & Reduced-meal forms can be obtained from all building offices at any time throughout the school year.	

Power Up with Breakfast!
 Kids who eat breakfast do better in school, are more likely to participate in physical activities, and tend to eat healthier overall.
 So make it a point each day to fuel up with a healthy breakfast!
 No time to eat at home?
 Join us for breakfast at school.



The mango is generally sweet, having a soft, pulpy texture similar to an overripe plum. Under-ripe mangoes can be ripened by placing them in brown paper bags. They will then keep in a plastic bag in the refrigerator for about four or five days. In ripe fruits which are commonly eaten fresh, the skin may be thicker and bitter tasting, so is typically not eaten.

BREAKFAST PRICES

Student	\$1.75
Reduced	\$0.30
Adult	\$2.00
Additional Milk	\$0.35
Breakfast Sandwich	\$1.50

To check the balance in your account or for additional information, contact:
 Rae Deadman
 920-560-5180
rdeadman@fvlhs.org

Menus are subject to change without notice.

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Milk Choice of 1%, Skim and 1% Chocolate is included with Breakfast