

February 2018

Saluda County Schools

BREAKFAST



Breakfast prices:
Full pay \$1.15
Reduced \$.30
Adult \$2.25



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts. This institution is an equal opportunity provider.



Monday

Tuesday

Wednesday

Thursday

Friday



Strawberry Poptart
 OR
 Cereal
 Graham crackers
 Fruit or juice
 Milk

Waffle sticks & syrup
 OR
 Cereal
 Graham crackers
 Fruit or juice
 Milk

Cherry fruit pocket
 OR
 Cereal
 Graham crackers
 Fruit or juice
 Milk

Sausage biscuit
 OR
 Cereal
 Graham crackers
 Fruit or juice
 Milk

Scrambled eggs & toast
 OR
 Cereal
 Graham crackers
 Fruit or juice
 Milk

Blueberry Poptart
 OR
 Cereal
 Graham crackers
 Fruit or juice
 Milk

Pancakes & syrup
 OR
 Cereal
 Graham crackers
 Fruit or juice
 Milk

Cinnamon roll
 OR
 Cereal
 Graham crackers
 Fruit or juice
 Milk

Sausage biscuit
 OR
 Cereal
 Graham crackers
 Fruit or juice
 Milk

Cheese grits
 OR
 Cereal
 Graham crackers
 Fruit or juice
 Milk

Blueberry Nutrigrain Bar
 OR
 Cereal
 Graham crackers
 Fruit or juice
 Milk

Dutch waffle
 OR
 Cereal
 Graham crackers
 Fruit or juice
 Milk

Peach cobbler biscuit
 OR
 Cereal
 Graham crackers
 Fruit or juice
 Milk

Sausage biscuit
 OR
 Cereal
 Graham crackers
 Fruit or juice
 Milk

Scrambled eggs & toast
 OR
 Cereal
 Graham crackers
 Fruit or juice
 Milk

Apple Nutrigrain Bar
 OR
 Cereal
 Graham crackers
 Fruit or juice
 Milk

French toast & syrup
 OR
 Cereal
 Graham crackers
 Fruit or juice
 Milk

Apple Frudel
 OR
 Cereal
 Graham crackers
 Fruit or juice
 Milk

Sausage biscuit
 OR
 Cereal
 Graham crackers
 Fruit or juice
 Milk

Cheese grits
 OR
 Cereal
 Graham crackers
 Fruit or juice
 Milk

