

February 2018

MSD Columbia Campus
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BREAKFAST



Available Daily: Assorted Cereal, Fruit, 100% Orange, Apple, Grape & Cranberry Juice. 1% and Skim Milk. Water



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.



Monday

Tuesday

Wednesday

Thursday

Friday



Breakfast Bread, Butter
Folded Egg Omelet
Bacon
Fruit

5

Waffles
Sugar Free Syrup
Sausage Links
Fruit

6

Mini Bagels
Cream Cheese
Butter, Jelly
Oatmeal and Fruit

7

Pancake on a Stick
Fat Free Syrup
Tater Tots
Fruit

1

Scrambled Eggs
Home Fries
Assorted Muffins, Butter
Fruit

2

Egg Patty with Cheese
Bagel
Oatmeal and Fruit

12

French Toast
Sugar Free Syrup
Sausage Links
Cinnamon Apples

13

Folded Egg Omelet
Hash Browns, Ketchup
Cinnamon Roll
Fruit

14

Raisin Bread Toast
Butter, Jelly
Bacon
Hash Browns
Fruit

8

Egg and Sausage Patty
Bagel
Butter, Jelly
Yogurt

9

Pancakes
Sugar Free Syrup
Bacon
Fruit

15

Breakfast Burrito
Salsa
Tater Tots
Yogurt Parfait

16



19

Breakfast Bread, Butter
Scrambled Eggs
Home Fries
Fruit

20

Pancakes
Sugar Free Syrup
Bacon
Fruit

21

Scrambled Eggs
Sausage Patty
Raisin Bread Toast
Butter, Jelly
Fruit

22

French Toast
Sugar Free Syrup
Sausage Links
Cinnamon Apples

23

Pancakes
Sugar Free Syrup
Bacon
Yogurt

26

Scrambled Eggs
Bacon
Grits
Plain Toast
Butter, Jelly
Fruit

27

Sausage Patty and Cheese
Bagel
Hash Browns
Fruit

28

