

Ferndale Area Fitness and Wellness Program



February 2012



High School Breakfast Menu: *Menu is subject to change*

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Mini Pancakes w/ Syrup Sausage Links Juice Milk	Cereal Mini Loaf Juice Milk	Egg & Cheese Omelet Toast Juice Milk
6	7	8	9	10
Cereal Super Donut Juice Milk	Frudel Yogurt Juice Milk	Sausage Egg & Cheese on English Muffin Juice Milk	Waffle Sticks w/ Syrup Apple Slices Juice Milk	Cereal Bar String Cheese Juice Milk
13	14	15	16	17
French Toast Sticks Ham Wedge Juice Milk	PB&J Uncrustable Bag of Grapes Juice Milk	Breakfast Pizza Juice Milk	Cereal English Muffin 1/2 Juice Milk	Piggle Stick or Cereal Bar Juice Milk
20	21	22	23	24
Parent Teacher Conference No School For Students	Cereal Muffin Juice Milk	Super Bun Yogurt Juice Milk	Breakfast Hot Pocket Juice Milk	L.A.Cinnamon Bread Or Cereal Juice Milk
27	28	29	1	2
Cereal Pop-Tart Juice Milk	Funnel Cake Cheese Wedge Juice Milk	Egg & Cheese Biscuit Juice Milk	Cinnamon Roll Yogurt Juice Milk	Mini Maple Pancakes Ham Wedge Juice Milk