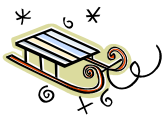


Holton Public Schools
Breakfast Menu February 1st – 29th, 2012

Questions or comments?
 Please call Dan Carlson, Food Service Director at 231-821-1731

Our Award-Winning Chartwells Balanced Choices® Meal Program highlights calorically appropriate, nutritious meals designed to meet the unique protein, vitamin, mineral, and fiber needs of students while being lower in sodium and unhealthy fats. Look for signs and icons in the cafeteria to help you select a Balanced Choices Meal!

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Whole Grain Blueberry Breakfast Loaf Served With Low-Fat Strawberry Yogurt 100 % Orange Juice Served with Skim White Milk	2 Hard Boiled Egg Honey Graham Cracker Fresh Petite Banana Served with Skim White Milk	3 Raisin Bran Flakes Served With Whole Grain Graham Crackers Fresh Apple Slices Served with Skim White Milk
6 Whole Grain Oatmeal Raisin Bar Served with Low Fat String Cheese 100% Apple Juice Served with Skim White Milk	7 Whole Grain Blueberry Muffin Served with Whole Grain Graham Crackers Fruit Cup Served with Skim White Milk	8 Banana Chocolate Chunk Breakfast Bar 100% Orange Juice Served with Skim White Milk	9 Hard Boiled Egg Honey Graham Cracker Fresh Petite Banana Served with Skim White Milk	10 Frosted Mini Wheats made with Whole Grain Served with Graham Crackers Fresh Orange Wedges Served with Skim White Milk
13 Whole Grain Waffle Fresh Local Apple Slices Served with Peanut Butter Served with Skim White Milk	14 Whole Grain Banana Breakfast Loaf Served with Whole Grain Graham Crackers Fruit Cup Served with Skim White Milk	15 Mini Pancakes to Go made with Whole Wheat Raisins Served with Skim White Milk	16 Hard Boiled Egg Honey Graham Cracker Fresh Petite Banana Served with Skim White Milk	17 Corn Flakes Served with Graham Crackers Fresh Apple Slices Served with Skim White Milk
20 Mid-Winter Break No School	21 Whole Grain Bagel PB Cup Raisins Served with Skim White Milk	22 Whole Grain Power Alley Bar and Low-Fat Yogurt Fresh Orange Served with Skim White Milk	23 Hard Boiled Egg Honey Graham Cracker Fresh Petite Banana Served with Skim White Milk	24 Reduced Sugar Apple Jacks Low-Fat String Cheese 100 % Grape Juice Served with Skim White Milk
27 Banana Chocolate Chunk Breakfast Bar 100% Orange Juice Served with Skim White Milk	28 Apple Cinnamon Breakfast Bar Fresh Apple Served with Skim White Milk	29 Whole Grain English Muffin PB Cup Raisins Served with Skim White Milk		



Go to MyPyramid.gov for online personal wellness resources for you and your family.

The National School Lunch Program is operated in accordance with U.S. Department of Agriculture policy which does not permit discrimination because of race, color, sex, age, handicap or national origin. Any person who believes that he or she has been discriminated against in any U.S.D.A. activity should write to the Secretary of Agriculture, Washington, D.C. 20250.