

# February 2021

## Oyster River Schools

### BREAKFAST



**School Information:** All Students eat FREE through June 2021 or until further notice.

This institution is an equal opportunity institution



**Nutrition Tip:** Ready-to-eat cereal consumption encourages milk consumption. Among children 6-12 years old who eat ready-to-eat cereal, 53% of all daily milk consumption is with cereal.



Reference: NHANES 2015-16

### Monday

MINI CINNI STUFFED  
BAGELS  
ORANGE JUICE  
LOWFAT MILK

1

### Tuesday

WG BANANA BREAD  
FRESH APPLE  
LOWFAT MILK

2

### Wednesday

BLUEBERRY MUFFIN  
FRUIT PUNCH JUICE  
LOWFAT MILK

3

### Thursday

MINI WAFFLES  
DICED PEARS  
LOWFAT MILK

4

### Friday

SWEET POTATO ROLL  
APPLE JUICE  
LOWFAT MILK

5

STRAWBERRY CREAM  
CHEESE MINI BAGELS  
DRIED CRANBERRIES  
LOWFAT MILK

8

CINNAMON ROLL  
APPLE JUICE  
LOWFAT MILK

9

WG BREAKFAST BAR  
FRESH ORANGE  
LOWFAT MILK

10

WG ZUCCHINI BREAD  
FRUIT PUNCH JUICE  
LOWFAT MILK

11

MINI PANCAKES  
BOX OF RAISINS  
LOWFAT MILK

12

WG COCOA BREAD  
APPLE JUICE  
LOWFAT MILK

15

EGG & CHEESE on a  
WG CROISSANT  
FRUIT PUNCH JUICE

16

SOFT OATMEAL ROUNDS  
FRESH ORANGE  
LOWFAT MILK

17

YOGURT WITH  
STRAWBERRIES  
PANCAKES (2)  
LOWFAT MILK

18

BANANA BREAD  
ORANGE JUICE  
LOWFAT MILK

19

WINTER BREAK  
NO SCHOOL

22

WINTER BREAK  
NO SCHOOL

23

WINTER BREAK  
NO SCHOOL

24

WINTER BREAK  
NO SCHOOL

25

WINTER BREAK  
NO SCHOOL

26

Apply for Free & Reduced meals at  
<https://family.titank12.com>

Filing an application will help our district receive federal funds for a variety of programs.

All breakfasts include an entrée, fruit or juice & milk  
Alternative entrée daily:  
Bagel & Cream cheese

All children 18 years and under eat free until further notice.

