



Mount Olive Elementary Schools

February 2018
Breakfast Menu

Get a Healthy Start to Your Day with School Breakfast!

Available Daily:
Assorted Cereals served with
Graham Crackers
Assorted Fruit
100% Juice Selection
Milk Selection

Did you know, if you are approved for free or reduced lunch, you are also eligible for breakfast!

Student Breakfast \$2.00

Adult Breakfast \$3.00

Reduced Breakfast \$0.30

NUTRITION NEWS:

February is Heart Healthy Month! The heart is one of the most important organs in the body, on average beating 60-100 times per minute, so it's important to keep it healthy! Eating well-balanced meals that include a combination of whole grains, lean proteins, fruits, vegetables, and low-fat dairy will help keep your heart healthy! Physical activity is also important because it helps lower blood pressure and helps our bodies control stress. Set a goal to be physically active at least 60 minutes per day!



Monday	Tuesday	Wednesday	Thursday	Friday
	<i>Keep your heart happy by choosing healthy options!</i>		1 Assorted Muffins with Yogurt Assorted Fruit 100% Fruit Juice Milk Selection	2 Bagel with Cream Cheese Assorted Fruit 100% Fruit Juice Milk Selection
5 Assorted Muffins with Cheese Stick Assorted Fruit 100% Fruit Juice Milk Selection	6 Berry Rice Krispie Cereal Bar with Low Fat Yogurt Assorted Fruit 100% Fruit Juice Milk Selection	7 Bagel with Cream Cheese Assorted Fruit 100% Fruit Juice Milk Selection	8 Assorted Muffins with Yogurt Assorted Fruit 100% Fruit Juice Milk Selection	9 Bagel with Cream Cheese Assorted Fruit 100% Fruit Juice Milk Selection
12 Assorted Muffins with Cheese Stick Assorted Fruit 100% Fruit Juice Milk Selection	13 Berry Rice Krispie Cereal Bar with Low Fat Yogurt Assorted Fruit 100% Fruit Juice Milk Selection	14 Bagel with Cream Cheese Assorted Fruit 100% Fruit Juice Milk Selection	15 Assorted Muffins with Yogurt Assorted Fruit 100% Fruit Juice Milk Selection	16 Bagel with Cream Cheese Assorted Fruit 100% Fruit Juice Milk Selection
19 President's Day School Closed	20 Berry Rice Krispie Cereal Bar with Low Fat Yogurt Assorted Fruit 100% Fruit Juice Milk Selection	21 Bagel with Cream Cheese Assorted Fruit 100% Fruit Juice Milk Selection	22 Assorted Muffins with Yogurt Assorted Fruit 100% Fruit Juice Milk Selection	23 Bagel with Cream Cheese Assorted Fruit 100% Fruit Juice Milk Selection
26 Assorted Muffins with Cheese Stick Assorted Fruit 100% Fruit Juice Milk Selection	27 Berry Rice Krispie Cereal Bar with Low Fat Yogurt Assorted Fruit 100% Fruit Juice Milk Selection	28 Bagel with Cream Cheese Assorted Fruit 100% Fruit Juice Milk Selection		

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MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"