

February
2024



Crestwood School District
Breakfast Menu

What is a Meal?
You must choose at least 3 of the 4 components available for the school breakfast price.

Choice of: Grain or grain/protein

Choice of fruit or vegetable (must take at least a 1/2 cup) a

Choice of Milk
Choice of Milk - 1% white, fat-free white, fat-free chocolate

You must take at least 1/2 cup of fruit or vegetable

Whole Grain Cereal Selection May Include:
Cinnamon Toast Crunch
Trix
Cocoa Puffs
Fruity Cheerios
Rice Crunch
Kix
Cheerios
Fruit Loops
Frosted Flakes


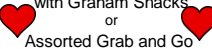

Served with Graham Crackers

Daily Fruit Selections May Include:
assorted canned and fresh fruit including oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, mandarin oranges, and 100% fruit juices

Breakfast Prices:
Students - \$0.00



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| Monday 29 | Tuesday 30 | Wednesday 31 | Thursday 1 | Friday 2 |
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| | | | Egg and Cheese on a Burger Bun or Assorted Grab and Go Breakfast Items Assorted 100% Fruit Juice & Assorted Fresh Fruit or Canned Fruit Choice of Milk | French Toast Sticks Syrup or Assorted Grab and Go Breakfast Items Assorted 100% Fruit Juice & Assorted Fresh Fruit or Canned Fruit Choice of Milk |
| 5 Homestyle Waffles with Syrup or Assorted Grab and Go Breakfast Items Assorted 100% Fruit Juice & Assorted Fresh Fruit or Canned Fruit Choice of Milk | 6 Egg, Ham and Cheese on a English Muffin or Assorted Grab and Go Breakfast Items Assorted 100% Fruit Juice & Assorted Fresh Fruit or Canned Fruit Choice of Milk | 7 Blueberry Parfait with Graham Snacks or Assorted Grab and Go Breakfast Items Assorted 100% Fruit Juice & Assorted Fresh Fruit or Canned Fruit Choice of Milk | 8 Egg and Cheese Biscuit Sandwich or Assorted Grab and Go Breakfast Items Assorted 100% Fruit Juice & Assorted Fresh Fruit or Canned Fruit Choice of Milk | 9 Chocolate Chip Mini French Toast or Assorted Grab and Go Breakfast Items Assorted 100% Fruit Juice & Assorted Fresh Fruit or Canned Fruit Choice of Milk |
| 12  | 13 Egg, Ham and Cheese on a English Muffin or Assorted Grab and Go Breakfast Items Assorted 100% Fruit Juice & Assorted Fresh Fruit or Canned Fruit Choice of Milk | 14 Starwberry Parfait with Graham Snacks or Assorted Grab and Go Breakfast Items  Assorted 100% Fruit Juice & Assorted Fresh Fruit or Canned Fruit Choice of Milk | 15 Egg and Cheese on a Burger Bun or Assorted Grab and Go Breakfast Items Assorted 100% Fruit Juice & Assorted Fresh Fruit or Canned Fruit Choice of Milk | 16 French Toast Sticks Syrup or Assorted Grab and Go Breakfast Items Assorted 100% Fruit Juice & Assorted Fresh Fruit or Canned Fruit Choice of Milk |
| 19  | 20 Egg, Ham and Cheese on a English Muffin or Assorted Grab and Go Breakfast Items Assorted 100% Fruit Juice & Assorted Fresh Fruit or Canned Fruit Choice of Milk | 21 Blueberry Parfait with Graham Snacks or Assorted Grab and Go Breakfast Items Assorted 100% Fruit Juice & Assorted Fresh Fruit or Canned Fruit Choice of Milk | 22 Egg and Cheese Biscuit Sandwich or Assorted Grab and Go Breakfast Items Assorted 100% Fruit Juice & Assorted Fresh Fruit or Canned Fruit Choice of Milk | 23 Vanilla Birthday Cake Mini Pancakes or Assorted Grab and Go Breakfast Items Assorted 100% Fruit Juice & Assorted Fresh Fruit or Canned Fruit Choice of Milk |
| 26 Homestyle Waffles with Syrup or Assorted Grab and Go Breakfast Items Assorted 100% Fruit Juice & Assorted Fresh Fruit or Canned Fruit Choice of Milk | 27 Egg, Ham and Cheese on a English Muffin or Assorted Grab and Go Breakfast Items Assorted 100% Fruit Juice & Assorted Fresh Fruit or Canned Fruit Choice of Milk | 28 Blueberry Parfait with Graham Snacks or Assorted Grab and Go Breakfast Items Assorted 100% Fruit Juice & Assorted Fresh Fruit or Canned Fruit Choice of Milk | 29 Egg and Cheese on a Burger Bun or Assorted Grab and Go Breakfast Items Assorted 100% Fruit Juice & Assorted Fresh Fruit or Canned Fruit Choice of Milk | 1 French Toast Sticks Syrup or Assorted Grab and Go Breakfast Items Assorted 100% Fruit Juice & Assorted Fresh Fruit or Canned Fruit Choice of Milk |