

Ferndale Public Schools Breakfast Menu

February 27, 2012- March 28, 2012

Student Breakfast \$1.25 and Reduced Breakfast.30

Questions or comments?

Please call Laura Shields, Food Service Director at 248/586-8703.

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!

Did you know you can prepay for your Breakfast?

One Week = \$.6.25 | Two weeks = \$12.50

Make Checks Payable to: Ferndale Public Schools

Monday	Tuesday	Wednesday	Thursday	Friday
27 Assorted bagels Chilled Mandarin Oranges Choice of Milk	28 Low Sugar Apple Jack Cereal Chilled Peaches Choice of Milk	29 Cherry Feudel Chilled Fruit Cocktail Choice of Milk	1 Cinnamon Toast Crunch Bar Orange Smiles Choice of Milk	2 Apple Cinnamon Multigrain Bar Chilled Pears Choice of Milk
5 Low Sugar Cinnamon Toast Crunch Mini Banana Choice of Milk	6 Apple Cinnamon Pastry Chilled Peaches Choice of Milk	7 Blueberry Multigrain Muffin Chilled Pineapple Choice of Milk	8 Special K Cereal Chilled Fruit Cocktail Choice of Milk	9 Cinnamon Oatmeal Orange slices Choice of Milk
12 Martin Luther Kings Day All Schools No School	13 Whole Grain Bagel Full Applesauce Choice of Milk	14 Fruit Loops Chilled Fruit Cocktail Choice of Milk	15 Oatmeal Cinnamon Bar Chilled Pears Choice of Milk	16 All Schools No School
19 Cheerios Bowl Chilled Pineapple Choice of Milk	20 Whole Grain Blueberry Muffin Fresh Local Apples Choice of Milk	21 Low Sugar Apple Jack Cereal Chilled Peaches Choice of Milk	22 Bagel and Cream Cheese Fresh Fruit Choice of Milk	23 Apple Cinnamon Multigrain Muffin Chilled Pineapple Choice of Milk
26 Whole Grain Apple Cinnamon Muffin Chilled Fruit Cocktail Choice of Milk	27 Assorted bagels Chilled Pears Choice of Milk	28 Whole Grain Banana Muffin Chilled Pineapple Choice of Milk	<p><i>Kids Need Their Morning Meal</i> While adults need to eat breakfast each day to perform their best, kids need it even more. Their growing bodies and developing brains rely heavily on the regular intake of food.</p>	
<p>Alternate Breakfast <i>Mondays:</i> Many choices of Cereal, Muffins, Yogurt, String Cheese, Bagels, Breakfast Bars, Cereals, and Hard Boiled Eggs With choice of Fruit or Fruit Juice and a Milk</p>	<p>Alternate Breakfast <i>Tuesdays:</i> Many choices of Cereal, Muffins, Yogurt, String Cheese, Bagels, Breakfast Bars, Cereals, and Hard Boiled Eggs With choice of Fruit or Fruit Juice and a Milk</p>	<p>Alternate Breakfast <i>Wednesdays:</i> Many choices of Cereal, Muffins, Yogurt, String Cheese, Bagels, Breakfast Bars, Cereals, and Hard Boiled Eggs With choice of Fruit or Fruit Juice and a Milk</p>	<p>Alternate Breakfast <i>Thursdays:</i> Many choices of Cereal, Muffins, Yogurt, String Cheese, Bagels, Breakfast Bars, Cereals, and Hard Boiled Eggs With choice of Fruit or Fruit Juice and a Milk</p>	<p>Alternate Breakfast <i>Fridays:</i> Many choices of Cereal, Muffins, Yogurt, String Cheese, Bagels, Breakfast Bars, Cereals, and Hard Boiled Eggs With choice of Fruit or Fruit Juice and a Milk</p>



Go to www.choosemyplate.gov/ for online personal wellness resources for you and your family.

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