

# New Adventure Learning Center-Breakfast and Snack



# February 2012

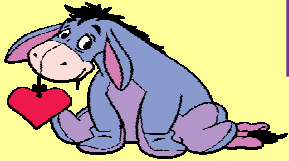
Monday

Tuesday

Wednesday

Thursday

Friday



**Milk is served with Breakfast each day!**



**1 Breakfast**  
Cream of Wheat  
Fruit Cup

**Snack**  
Fresh Fruit  
Milk

**2 Breakfast**  
French Toast Sticks  
Fruit Cup

**Snack**  
½ Turkey Sandwich  
Juice

**3 Breakfast**  
Muffin  
Fruit Cup

**Snack**  
Fruit Cup  
Milk

**6 Breakfast**  
Cereal  
Fruit Cup

**Snack**  
Animal Crackers  
Juice

**7 Breakfast**  
Oatmeal  
Fresh Fruit

**Snack**  
½ Ham Sandwich  
Juice

**8 Breakfast**  
Cream of Wheat  
Fruit Cup

**Snack**  
Fresh Fruit  
Milk

**9 Breakfast**  
Waffle  
Fruit Cup

**Snack**  
½ Turkey Sandwich  
Juice

**10 Breakfast**  
Mini Pancakes  
Fruit Cup

**Snack**  
Fruit Cup  
Milk

**13 Breakfast**  
Cereal  
Fruit Cup

**Snack**  
Animal Crackers  
Juice

**14 Breakfast**  
Oatmeal  
Fresh Fruit

**Snack**  
Cheese Stick  
Juice

**15 Breakfast**  
Cream of Wheat  
Fruit Cup

**Snack**  
Fresh Fruit  
Milk

**16 Breakfast**  
French Toast Sticks  
Fruit Cup

**Snack**  
½ Turkey Sandwich  
Juice

**17 Breakfast**  
Muffin  
Fruit Cup

**Snack**  
Fruit Cup  
Milk

**20 Breakfast**  
Cereal  
Fruit Cup

**Snack**  
Grahams  
Juice

**21 Breakfast**  
Oatmeal  
Fresh Fruit

**Snack**  
½ Ham Sandwich  
Juice

**22 Breakfast**  
Cream of Wheat  
Fruit Cup

**Snack**  
Fresh Fruit  
Milk

**23 Breakfast**  
Waffle  
Fruit Cup

**Snack**  
½ Turkey Sandwich  
Juice

**24 Breakfast**  
Mini Pancakes  
Fruit Cup

**Snack**  
Fruit Cup, Milk

**27 Breakfast**  
Cereal  
Fruit Cup

**Snack**  
Grahams  
Juice

**28 Breakfast**  
Oatmeal  
Fresh Fruit

**Snack**  
Cheese Stick  
Juice

**29 Breakfast**  
Cream of Wheat  
Fruit Cup

**Snack**  
Fresh Fruit  
Milk

In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, gender (male or female), age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.



## FAMILIES MAKING THE CONNECTION

### Refocus Your Refrigerator

**More Matters.** Put fruits and veggies front and center and ready-to-eat. Cut up a variety of produce when you get back from the store or market. Perfect for easy, smart snacking!

**Delicious Dairy.** Stock up on 1% or fat-free milk, low-fat or fat-free yogurt and low-fat cheese.

**Powerful Proteins.** Choose fish, skinless chicken breasts, lean ground turkey, lean deli meats or lean cuts of beef or pork.

**Flavor Savors.** Keep on hand low-fat or fat-free varieties of dressings. Kick up the flavor with other low-fat options, like salsa, mustard or horseradish. Give hummus a try!