



SMART SNACKING

February 2025

Beaumont Technical Center
Breakfast

MONDAY

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Breakfast

- **Whole Grain French Toast Sticks**
- Turkey Sausage Patty
- **Whole Grain Blueberry Muffin**
- **WG Banana Muffin**
- **Whole Grain Apple Cinnamon Muffin**
- **WG Chocolate Chocolate Chip Muffin**
- **Strawberry Banana Smoothie**
- Honey Graham Crackers
- Low Fat Mozzarella String Cheese
- Cinnamon Diced Peaches
- Apple Juice
- Fruit Punch
- Orange Pineapple Juice
- 1% Low-fat Milk
- Chocolate Low Fat Milk

TUESDAY

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Breakfast

- **Sausage, Cheese & Biscuit Sandwich**
- **Cinnamon Toast Crunch**
- **Reduced Sugar Trix**
- **Apple Cinnamon Cheerios**
- **Cheerios**
- **Corn Chex**
- **Frosted Corn Flakes**
- **Crunchy Very Berry Parfait**
- Sliced Whole Grain Cinnamon Toast
- Cinnamon Diced Pears
- Apple Juice
- Fruit Punch
- Orange Pineapple Juice
- 1% Low-fat Milk
- Chocolate Low Fat Milk

WEDNESDAY

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Breakfast

- **Whole Grain Waffles**
- Blueberry Topping
- **Frosted Cinnamon Pop-Tart**
- **Frosted Strawberry Pop-Tart**
- **Sunberry Smoothie**
- Honey Graham Crackers
- Low Fat Mozzarella String Cheese
- Fresh Red Delicious Apple
- Apple Juice
- Fruit Punch
- Orange Pineapple Juice
- 1% Low-fat Milk
- Chocolate Low Fat Milk

THURSDAY

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Breakfast

- **Iced Cinnamon Roll**
- Turkey Sausage Patty
- **Trix Cereal Bar**
- **Cocoa Puffs Cereal Bar**
- **Apple Cinnamon Nutrigrain Bar**
- **Crunchy Very Berry Parfait**
- Honey Graham Crackers
- Sliced Whole Grain Cinnamon Toast
- Cinnamon Diced Pears
- Apple Juice
- Fruit Punch
- Orange Pineapple Juice
- 1% Low-fat Milk
- Chocolate Low Fat Milk

FRIDAY

7

Breakfast

- **Scrambled Eggs with Cheddar Cheese**
- Fresh Baked Whole Grain Biscuit
- **Whole Grain Blueberry Muffin**
- **WG Banana Muffin**
- **Whole Grain Apple Cinnamon Muffin**
- **WG Chocolate Chocolate Chip Muffin**
- **Banana Pineapple Smoothie**
- Honey Graham Crackers
- Low Fat Mozzarella String Cheese
- Fresh Red Delicious Apple
- Apple Juice
- Fruit Punch
- Orange Pineapple Juice
- 1% Low-fat Milk
- Chocolate Low Fat Milk

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Breakfast

- **Apple Frudel**
- **Whole Grain Blueberry Muffin**
- **WG Banana Muffin**
- **Whole Grain Apple Cinnamon Muffin**
- **WG Chocolate Chocolate Chip Muffin**
- **Banana Apricot Smoothie**
- Honey Graham Crackers
- Low Fat Mozzarella String Cheese
- Fresh Orange
- Apple Juice
- Fruit Punch
- Orange Pineapple Juice
- 1% Low-fat Milk
- Chocolate Low Fat Milk

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Breakfast

- **Chicken Tenders**
- Whole Grain Waffles
- Baked Apple Slices
- **Cinnamon Toast Crunch**
- **Reduced Sugar Trix**
- **Apple Cinnamon Cheerios**
- **Cheerios**
- **Corn Chex**
- **Frosted Corn Flakes**
- **Blueberry Parfait with Granola**
- Sliced Whole Grain Cinnamon Toast
- Pineapple Tidbits
- Apple Juice
- Fruit Punch
- Orange Pineapple Juice
- 1% Low-fat Milk
- Chocolate Low Fat Milk

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Breakfast

- **Breakfast Banana Split**
- **Frosted Cinnamon Pop-Tart**
- **Frosted Strawberry Pop-Tart**
- **Peachy Strawberry Smoothie**
- Honey Graham Crackers
- Low Fat Mozzarella String Cheese
- Sliced Fresh Strawberries
- Apple Juice
- Fruit Punch
- Orange Pineapple Juice
- 1% Low-fat Milk
- Chocolate Low Fat Milk

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Breakfast

- **Strawberry Cream Cheese Stuffed Bagel**
- **Trix Cereal Bar**
- **Cocoa Puffs Cereal Bar**
- **Apple Cinnamon Nutrigrain Bar**
- **Blueberry Parfait with Granola**
- Sliced Whole Grain Cinnamon Toast
- Pineapple Tidbits
- Apple Juice
- Fruit Punch
- Orange Pineapple Juice
- 1% Low-fat Milk
- Chocolate Low Fat Milk

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17**18****19****20****21**

Breakfast

- Cinnamon Toast Crunch
- Mini French Toast Bites
- Cinnamon Toast Crunch
- Reduced Sugar Trix
- Apple Cinnamon Cheerios
- Cheerios
- Corn Chex
- Frosted Corn Flakes
- Crunchy Very Berry Parfait
- Sliced Whole Grain Cinnamon Toast
- Cinnamon Diced Peaches
- Apple Juice
- Fruit Punch
- Orange Pineapple Juice
- 1% Low-fat Milk
- Chocolate Low Fat Milk

Breakfast

- Grits Breakfast Bowl
- Frosted Cinnamon Pop-Tart
- Frosted Strawberry Pop-Tart
- Sunberry Smoothie
- Honey Graham Crackers
- Low Fat Mozzarella String Cheese
- Fresh Red Delicious Apple
- Apple Juice
- Fruit Punch
- Orange Pineapple Juice
- 1% Low-fat Milk
- Chocolate Low Fat Milk

Breakfast

- Blueberry Bash Waffles
- Whole Grain Blueberry Muffin
- WG Banana Muffin
- Whole Grain Apple Cinnamon Muffin
- WG Chocolate Chocolate Chip Muffin
- Crunchy Very Berry Parfait
- Sliced Whole Grain Cinnamon Toast
- Fresh Banana
- Apple Juice
- Fruit Punch
- Orange Pineapple Juice
- 1% Low-fat Milk
- Chocolate Low Fat Milk

Breakfast

- Scrambled Eggs with Cheddar Cheese
- Fresh Baked Whole Grain Biscuit
- Trix Cereal Bar
- Cocoa Puffs Cereal Bar
- Apple Cinnamon Nutrigrain Bar
- Crunchy Very Berry Parfait
- Honey Graham Crackers
- Low Fat Mozzarella String Cheese
- Fresh Red Delicious Apple
- Apple Juice
- Fruit Punch
- Orange Pineapple Juice
- 1% Low-fat Milk
- Chocolate Low Fat Milk

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Breakfast

- Honey Butter Chicken Biscuit
- Whole Grain Blueberry Muffin
- WG Banana Muffin
- Whole Grain Apple Cinnamon Muffin
- WG Chocolate Chocolate Chip Muffin
- Banana Apricot Smoothie
- Honey Graham Crackers
- Low Fat Mozzarella String Cheese
- Fresh Orange Wedges
- Apple Juice
- Fruit Punch
- Orange Pineapple Juice
- 1% Low-fat Milk
- Chocolate Low Fat Milk

Breakfast

- Whole Grain Pancake Donut bites with Strawberries
- Cinnamon Toast Crunch
- Reduced Sugar Trix
- Apple Cinnamon Cheerios
- Cheerios
- Corn Chex
- Frosted Corn Flakes
- Blueberry Parfait with Granola
- Honey Graham Crackers
- Fresh Red Seedless Grapes
- Apple Juice
- Fruit Punch
- Orange Pineapple Juice
- 1% Low-fat Milk
- Chocolate Low Fat Milk

Breakfast

- Turkey Ham, Egg & Cheese Burrito
- Frosted Cinnamon Pop-Tart
- Frosted Strawberry Pop-Tart
- Peachy Strawberry Smoothie
- Honey Graham Crackers
- Low Fat Mozzarella String Cheese
- Fresh Granny Smith Apple
- Apple Juice
- Fruit Punch
- Orange Pineapple Juice
- 1% Low-fat Milk
- Chocolate Low Fat Milk

Breakfast

- Cherry Frudel
- Trix Cereal Bar
- Cocoa Puffs Cereal Bar
- Apple Cinnamon Nutrigrain Bar
- Strawberry Parfait with Granola
- Honey Graham Crackers
- Fresh Red Seedless Grapes
- Apple Juice
- Fruit Punch
- Orange Pineapple Juice
- 1% Low-fat Milk
- Chocolate Low Fat Milk

Breakfast

- Mini Confetti Pancakes
- Whole Grain Blueberry Muffin
- WG Banana Muffin
- Whole Grain Apple Cinnamon Muffin
- WG Chocolate Chocolate Chip Muffin
- Strawberry Banana Smoothie
- Honey Graham Crackers
- Low Fat Mozzarella String Cheese
- Fresh Granny Smith Apple
- Apple Juice
- Fruit Punch
- Orange Pineapple Juice
- 1% Low-fat Milk
- Chocolate Low Fat Milk

🍓 2/27 Strawberry Day 🍌 2/20 Muffin Day 🥞 2/28 Pancake Day

If you have a food allergy, please notify us. Ask your cafeteria manager if changes were made to today's menu so we can help keep you safe!

Adult Meal Prices Adult Breakfast: \$2.84, Adult Lunch: \$5.29

Menus Subject to Change We try our best to serve our menus as posted; however, sometimes last minute changes occur. Please check with the cafe manager prior to the meal if you have any concerns.

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