



SMART SNACKING

February 2025 Academy of Entrepreneurship Studies Middle @ L'Ouverture (6-8)

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**
- Low Fat Mozzarella String Cheese
- Blueberries
- Apple Juice
- Fruit Punch
- Orange Pineapple Juice
- 1% Low-fat Milk
- Chocolate Low Fat Milk

TUESDAY

4

Breakfast

- **Sausage, Cheese & Biscuit Sandwich**
- **Cinnamon Toast Crunch**
- **Reduced Sugar Trix**
- **Apple Cinnamon Cheerios**
- **Cheerios**
- **Corn Chex**
- **Frosted Corn Flakes**
- 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**
- 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

6

Breakfast

- **Iced Cinnamon Roll**
- **Whole Grain Blueberry Muffin**
- **WG Banana Muffin**
- **Whole Grain Apple Cinnamon Muffin**
- **WG Chocolate Chocolate Chip Muffin**
- 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
- **Strawberry Mango Smoothie**
- Honey Graham Crackers
- 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**
- Low Fat Mozzarella String Cheese
- Honeydew Cubes
- Apple Juice
- Fruit Punch
- Orange Pineapple Juice
- 1% Low-fat Milk
- Chocolate Low Fat Milk

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Breakfast

- **Chicken Tenders**
- Whole Grain Waffle
- Baked Apple Slices
- **Cinnamon Toast Crunch**
- **Reduced Sugar Trix**
- **Apple Cinnamon Cheerios**
- **Cheerios**
- **Corn Chex**
- **Frosted Corn Flakes**
- 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

- **Scrambled Egg Pizza**
- **Frosted Strawberry Pop-Tart**
- **Frosted Cinnamon Pop-Tart**
- 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

- **Strawberry Cream Cheese Stuffed Bagel**
- **Cinnamon Toast Crunch Cereal Bar**
- **Cocoa Puffs Cereal Bar**
- **Trix Cereal Bar**
- 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**

Breakfast

- **Cinnamon Toast Crunch Mini French Toast Bites**
- **Cinnamon Toast Crunch**
- **Reduced Sugar Trix**
- **Apple Cinnamon Cheerios**
- **Cheerios**
- **Corn Chex**
- **Frosted Corn Flakes**
- Sliced Whole Grain Cinnamon Toast
- 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

- **Grits Breakfast Bowl**
- **Frosted Strawberry Pop-Tart**
- **Frosted Cinnamon Pop-Tart**
- 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

- **Blueberry Bash Waffles**
- **WG Chocolate Chocolate Chip Muffin**
- Sliced Whole Grain Cinnamon Toast
- 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

- **Egg & Cheese Bagel Sandwich**
- **Pineapple Orange Smoothie**
- Honey Graham Crackers
- Low Fat Mozzarella String Cheese
- Fresh Banana
- 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**
- Low Fat Mozzarella String Cheese
- Fresh Orange Wedges
- Apple Juice
- Fruit Punch
- Orange Pineapple Juice
- 1% Low-fat Milk
- Chocolate Low Fat Milk

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Breakfast

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

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Breakfast

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

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Breakfast

- **Breakfast Turkey Sausage Pizza**
- **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

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Breakfast

- **Mini Confetti Pancakes**
- **Cinnamon Toast Crunch Cereal Bar**
- **Cocoa Puffs Cereal Bar**
- **Trix Cereal Bar**
- Honey Graham Crackers
- Fresh Granny Smith Apple
- Apple Juice
- Fruit Punch
- Orange Pineapple Juice
- 1% Low-fat Milk
- Chocolate Low Fat Milk

 2/20 Muffin Day  2/27 Strawberry 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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