



SMART SNACKING

February 2025

Ames VPA Elementary (PK-5)

Pre-K Breakfast

MONDAY

3

Breakfast

- **Whole Grain French Toast Sticks**
- Turkey Sausage Patty
- Breakfast Syrup
- Low Fat Mozzarella String Cheese
- Blueberries
- Apple Juice
- Fruit Punch
- Orange Pineapple Juice
- 1% Low-fat Milk

TUESDAY

4

Breakfast

- **Sausage, Cheese & Biscuit Sandwich**
- Cinnamon Diced Pears
- 1% Low-fat Milk

WEDNESDAY

5

Breakfast

- **Whole Grain Waffles**
- Breakfast Syrup
- Blueberry Topping
- Low Fat Mozzarella String Cheese
- Fresh Red Delicious Apple
- Apple Juice
- Fruit Punch
- Orange Pineapple Juice
- 1% Low-fat Milk

THURSDAY

6

Breakfast

- **Cheerios**
- Cinnamon Diced Pears
- 1% Low-fat Milk

FRIDAY

7

Breakfast

- **Fresh Baked Whole Grain Biscuit**
- Grape Jelly
- Low Fat Mozzarella String Cheese
- Fresh Red Delicious Apple
- Apple Juice
- Fruit Punch
- Orange Pineapple Juice
- 1% Low-fat Milk

10

Breakfast

- **WG Banana Muffin**
- Low Fat Mozzarella String Cheese
- Honeydew Cubes
- Apple Juice
- Fruit Punch
- Orange Pineapple Juice
- 1% Low-fat Milk

11

Breakfast

- **Cinnamon Toast Crunch**
- Pineapple Tidbits
- Apple Juice
- Fruit Punch
- Orange Pineapple Juice
- 1% Low-fat Milk

12

Breakfast

- **Scrambled Egg Pizza**
- Low Fat Mozzarella String Cheese
- Fresh Orange
- Apple Juice
- Fruit Punch
- Orange Pineapple Juice
- 1% Low-fat Milk

13

Breakfast

- **Frosted Corn Flakes**
- Pineapple Tidbits
- Apple Juice
- Fruit Punch
- Orange Pineapple Juice
- 1% Low-fat Milk

14

17

18

Breakfast

- **Cinnamon Toast Crunch Mini French Toast Bites**
- Cinnamon Diced Pears
- Apple Juice
- Fruit Punch
- Orange Pineapple Juice
- 1% Low-fat Milk

19

Breakfast

- **Apple Cinnamon Cheerios**
- Low Fat Mozzarella String Cheese
- Fresh Banana
- Apple Juice
- Fruit Punch
- Orange Pineapple Juice
- 1% Low-fat Milk

20

Breakfast

- **WG Chocolate Chocolate Chip Muffin**
- Cinnamon Diced Pears
- Apple Juice
- Fruit Punch
- Orange Pineapple Juice
- 1% Low-fat Milk

21

Breakfast

- **Fresh Baked Whole Grain Biscuit**
- Grape Jelly
- Low Fat Mozzarella String Cheese
- Fresh Banana
- Apple Juice
- Fruit Punch
- Orange Pineapple Juice
- 1% Low-fat Milk

24

Breakfast

- **Breakfast Turkey Sausage Pizza**
- Low Fat Mozzarella String Cheese
- Fresh Orange Wedges
- Apple Juice
- Fruit Punch
- Orange Pineapple Juice
- 1% Low-fat Milk

25

Breakfast

- **WG Banana Muffin**
- Low Fat Mozzarella String Cheese
- Fresh Red Seedless Grapes
- Apple Juice
- Fruit Punch
- Orange Pineapple Juice
- 1% Low-fat Milk

26

Breakfast

- **Honey Butter Chicken Biscuit**
- Low Fat Mozzarella String Cheese
- Fresh Granny Smith Apple
- Apple Juice
- Fruit Punch
- Orange Pineapple Juice
- 1% Low-fat Milk

27




Breakfast

- **Strawberry Parfait with Granola**
- Low Fat Mozzarella String Cheese
- Fresh Red Seedless Grapes
- Apple Juice
- Fruit Punch
- Orange Pineapple Juice
- 1% Low-fat Milk

28

Breakfast

- **Mini Confetti Pancakes**
- Low Fat Mozzarella String Cheese
- Fresh Granny Smith Apple
- Apple Juice
- Fruit Punch
- Orange Pineapple Juice
- 1% 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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