

# February 2019

Logan-Magnolia Schools

**BREAKFAST**



Toast & Cereal and Poptart & Yogurt are offered daily with Juice, Milk and Fruit. Menu items subject to change. **EQUAL OPPORTUNITY EMPLOYER**



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**



4

WG Bagel

5

Sausage, Egg & Cheese Biscuit

6

WG Biscuits & Gravy

7

Breakfast Bake w/WG Toast

8

Grab & Go

11

WG Sausage on a Stick

12

WG Breakfast Wrap

13

WG Donut

14

NO SCHOOL

15

NO SCHOOL

18

WG Pancakes

19

Sausage, Egg & Cheese Biscuit

20

WG Breakfast Pizza

21

WG Muffin

22

Grab & Go

25

WG Bagel

26

WG French Toast

27

WG Biscuits & Gravy

Breakfast Bake w/WG Toast

