

February 2024

Nazareth Middle and High School Breakfast

Monday

Tuesday

Wednesday

Thursday

Friday

Did you know?

Groundhog Day, celebrated on February 2nd, came about because of a German superstition. They thought if a hibernating animal cast a shadow on February 2nd that winter would last another six weeks. If there was no shadow, spring would come early.

Cereal Bowl

Whole Grain
Blueberry
Muffin

Glazed
Cinnamon
Roll

Whole Grain
Banana
Bread Slice

Yogurt
&
Granola

Yogurt
&
Granola

Cereal Bowl

Whole Grain
Chocolate Chip
Muffin

Whole Grain
Apple
Turnover

Mini
Cinnamon
Roll

Yogurt
&
Granola

No
School
President's
Holiday

Whole Grain
Blueberry
Muffin

Glazed
Cinnamon
Roll

Whole Grain
Banana
Bread Slice

Yogurt
&
Granola

Cereal Bowl

Whole Grain
Chocolate Chip
Muffin

Whole Grain
Apple
Turnover

Mini
Cinnamon
Roll

Rise and Shine Breakfast

Breakfast meals will NOT be served on early dismissal days or 2-hour delays.

Breakfast meals are at no cost.

Assorted 100% fruit juice, assorted fruit, apples, raisins, mixed fruit cup, peach cup, pear cup daily.

Breakfast consists of four components (4 items):

A grain or protein, fruit, vegetables and milk.

Students must take 3 of the 4 components to make a meal complete. At least one component must be a fruit or vegetable.

Menu is Subject to Change:

USDA and this institution are equal opportunity providers.