

All Schools Breakfast Menu February 2023

All of our complete and nutritious meals are always **NO CHARGE** for ALL students with no need to submit an application, thanks to the Community Eligibility Program!!

When available we serve Reduced/Low Fat (RF) and/or Reduced/Low Sodium (Rna) and Reduced Sugar (RS) Menu Items.



All breakfasts include a choice of low fat white milk, fat free chocolate milk, or fat free lactaid.

Locate the Whole Grain Products by the asterisks**



Waterbury Breakfast and Lunch Menus are posted on Parent Square.

Menu is Subject to Change - 1/27/2023

All Schools Breakfast Menu February 2023					
Monday	Tuesday	Wednesday	Thursday	Friday	
<p>This Institution is an Equal Opportunity Provider</p>		Feb 1st	Feb 2nd	Feb 3rd	
			PD DAY EARLY DISMISSAL	<p>Apple Frudel</p> <p>100% Fruit Juice chilled Fruit Low Fat Milk</p> <p><i>Hot!</i></p>	<p>Cinn. Crumb Mini Loaf</p> <p>100% Fruit Juice Chilled Fruit Low Fat Milk</p>
			<p>Mini Maple Waffle</p> <p>100% Fruit Juice Chilled Fruit Low Fat Milk</p> <p><i>Hot!</i></p>		
Feb 6th	Feb 7th	Feb 8th	Feb 9th	Feb 10th	
<p>Frosted Shredded Wheat Cereal</p> <p>100% fruit Juice Chilled Fruit Low Fat Milk Wg Graham Crackers</p>	<p>Mini Bagel with strawberry cream cheese</p> <p>100% Fruit Juice Chilled Fruit Low Fat Milk</p>	CN DAY EARLY DISMISSAL	<p>Cinn French Toast Sticks</p> <p>100% Fruit Juice Chilled Fruit Low Fat Milk</p> <p><i>Hot!</i></p>	<p>Super Slice BlueBerry Bread</p> <p>100% Fruit Juice Chilled Fruit Low Fat Milk</p>	
		<p>Egg Patty with Turkey Sausage & Tots Dinner Roll</p> <p>100% Fruit Juice Chilled Fruit Low Fat Milk</p>			
Feb 13th	Feb 14th	Feb 15th	Feb 16th	Feb 17th	
<p>Froot Loops Cereal</p> <p>100% fruit Juice Chilled Fruit Low Fat Milk Wg Graham Crackers</p>	<p>Choc Poptart with Strawberry Yogurt</p>  <p>100% Fruit Juice Red Apple Low Fat Milk</p>	CN DAY EARLY DISMISSAL	<p>Pancake Bites</p> <p>syrup 100% Fruit Juice Chilled Fruit Low Fat Milk</p> <p><i>Hot!</i></p> <p><i>New!</i></p>	<p>Super Slice Lemon Bread</p> <p>100% Fruit Juice Chilled Fruit Low Fat Milk</p>	
		<p>Barb's Central Kitchen Surprise Day.</p> <p>100% Fruit Juice Chilled Fruit Low Fat Milk</p>			
Feb 20th	Feb 21st	Feb 22nd	Feb 23rd	Feb 24th	
<p>Presidents day No school</p>	<p>Lincoln's Birthday No School</p>	CN DAY EARLY DISMISSAL	<p>Chocolate Swirls</p> <p>100% Fruit Juice Chilled Fruit Low Fat Milk</p> <p><i>New!</i></p>	<p>** Egg & Cheese English Muffin Sandwich</p> <p><i>Hot!</i></p> <p>Chilled Fruit Low Fat Milk 100% Fruit Juice</p>	
		<p>Frosted Flakes Cereal</p> <p>100% fruit Juice Chilled Fruit Low Fat Milk Wg Graham Crackers</p>			
Feb 27th	Feb 28th				
<p>Assorted Cereal</p> <p>100% fruit Juice Chilled Fruit Low Fat Milk Wg Graham Crackers</p>	<p>Surprise Day</p> <p>wg graham Cracker 100% Fruit Juice Chilled Fruit Low Fat Milk</p>			<p>The "Fresh Fruit and Vegetable Program" is offered at Waterbury schools. Free fresh fruit and vegetables are supplied as Grab and Go and encouraged for snack during the day.</p>	



A school breakfast consists of the breakfast entrée, fruit and / or juice, graham crackers and milk. Students are encouraged to select all of the items but must choose any three - one of which must be 1/2 cup of fruit or fruit juice.



When Chilled Fruit Choice is on the menu a choice of fresh fruit or a variety of canned fruit will be offered.

Visit: www.waterbury.k12.ct.us - click to "Parents" and scroll down to "School Lunch Menus" - The Waterbury Wellness Policy can be viewed on this page.

The City of Waterbury Public Schools Food Service is "pork free". No pork is served or sold through the Child Nutrition Programs in Waterbury.



Second Choice Meals are Offered Five Days Each Week