



# FEBRUARY | 2023

## LOGAN-HOCKING SCHOOLS HS BREAKFAST MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

30	31	1 Cherry Strudel String Cheese Apple Milk  Yogurt Bar in Cafe	2 Banana Chocolate Breakfast Round Apple Milk	3 Apple Cinnamon Nutr-Grain Bar Cheese Stick Applesauce Cup Milk  Yogurt Bar in Cafe
6 2-Strawberry Pop Tarts Fruit Juice Milk  Sunshine Bowl in Cafe	7 Cooks Choice	8 Granola Yogurt Cup Tropical Fruit Cup Milk  Yogurt Bar in Cafe	9 Lemon Crunch Bar Lil Squares Banana Milk	10 Apple Cinnamon Texas Toast Fruit Juice Milk  Yogurt Bar in Cafe
13 Chocolate Crescent Roll 1 Cheese Stick Fresh Pear Milk  Sausage and French Toast In Cafe	14 Mini Cinnamon Rolls Graham Cracker Strawberry Cup Milk	15 Cooks Choice  Yogurt Bar in Cafe	16 Chocolate Chip Muffin 2 Cheese Sticks Applesauce Cup Milk	17 Mini Strawberry Cream Cheese Bagel 1 Cheese Stick Pear Cup Milk  Yogurt Bar in Cafe
20 No School Presidents Day	21 Cinnamon Stuffed Pretzel 1 Cheese Stick Banana Milk	22 Apple Cinnamon Breakfast Round Apple Sauce Cup Milk  Yogurt Bar in Cafe	23 2 Fudge Pop Tarts Apple Milk	24 Cooks Choice  Yogurt Bar in Cafe
27 Blueberry Nutri-Grain Bar 1 Cheese Stick Fruit Juice Milk  Sausage and Pancakes In Cafe	28 Peach Pancake Bowl Milk	1	2	3

### News

**Grab-N-Go**  
**Breakfast Offered Daily**  
**Hot Breakfast Offered on**  
**Monday's**  
**Yogurt Bar Wed. - Fri.**  
**Menu Subject to change**

### Nutrition

1 C. Fruit  
 (100% Fruit Juice  
 Offered Daily)  
 All Whole Grain Breads  
 1oz. Meats/Meat  
 Alternative  
 1 Pint 1%White or  
 Chocolate Milk

### FRUIT

Apple-Apple Sauce  
 Oranges-Grapes  
 Peaches-Pears  
 Tropical Fruit  
 Strawberry Cup  
 Mandarin Oranges  
 Juice-Apricots  
 Raisins

**THIS INSTITUTION IS AN  
 EQUAL OPPORTUNITY  
 PROVIDER**

**\*Menu Subject to Change**