

# FEBRUARY 2019

UNITED JUNIOR HIGH  
2140 State Hwy 135, Monmouth, IL 61462  
Chris Schwarz Principal



## BREAKFAST MENU

### MONDAY

**Breakfast Cost**  
**\$1.25**

**Extra Milk**  
**.25cents**

### TUESDAY

**Friday FEB 8<sup>th</sup>**  
**3rd Quarter**  
**Midterms Ends**

**Friday 15<sup>th</sup> 1pm Dismissal**

### WEDNESDAY



### THURSDAY

**MILK CHOICE:**

1% White

Fat Free Chocolate

**CEREAL CHOICES:**

1oz Cereals

1.6oz Cereal Bars

**1 Cup Fruit Choice with**  
**each Breakfast Meal**

### FRIDAY

**Strawberry Bar** **1**  
**AND**  
**Granola Bar**  
**Grapes**  
**100% Fruit/Veg Juice**  
**Milk**

**Cinna-Raisin Bagel** **4**  
**OR**  
**Cereal Choice**  
**With Strawberry Oat Bar**  
**Applesauce / Grapes**  
**100% Fruit/Veg Juice**  
**Milk**

**Granola Bar** **5**  
**AND**  
**Cereal Choice**  
**Cinnamon Apples / Orange**  
**100% Fruit/Veg Juice**  
**Milk**

**B Storm Bread** **6**  
**OR**  
**Cereal Choice**  
**with Nutri-grain Bar**  
**Peaches / Apple**  
**100% Fruit/Veg Juice**  
**Milk**

**Pancake Wrap** **7**  
**OR**  
**Cereal Choice with Cinnamon Bar**  
**Banana / Fruit Cocktail**  
**100% Fruit/Veg Juice**  
**Milk**

**Poptart** **8**  
**AND**  
**Cereal Choice**  
**Applesauce / Blueberries**  
**100% Fruit/Veg Juice**  
**Milk**

**Biscuit & Sausage Gravy** **11**  
**OR**  
**Cereal Choice**  
**with Cinnamon Oat Bar**  
**Orange / Pineapple**  
**100% Fruit/Veg Juice**  
**Milk**

**Nutri-grain Bar** **12**  
**AND**  
**Cereal Choice**  
**Apricots / Apple**  
**100% Fruit/Veg Juice**  
**Milk**

**Apple Oatmeal Bar** **13**  
**OR**  
**Cereal Choice**  
**with Granola Bar**  
**Fruit Cocktail / Orange**  
**100% Fruit/Veg Juice**  
**Milk**

**Long John** **14**  
**OR**  
**Cereal Choice**  
**with Strawberry Oatmeal Bar**  
**Strawberries / Applesauce**  
**100% Fruit/Veg Juice**  
**Milk**

**Granola Bar** **15**  
**AND**  
**Cereal Choice**  
**Pineapple / Banana**  
**100% Fruit /Veg Juice**  
**Milk**

**No** **18**  
**School**  
**PRESIDENT'S DAY**

**Breakfast Pizza** **19**  
**OR**  
**Cereal Choice**  
**With Nutri-grain Bar**  
**Pineapple / Apple**  
**100% Fruit/Veg Juice**  
**Milk**

**Honey Bun** **20**  
**OR**  
**Cereal Choice**  
**With Granola Bar**  
**Peaches / Orange**  
**100% Fruit/Veg Juice**  
**Milk**

**Churro-Apple** **21**  
**OR**  
**Cereal Choice**  
**With Cinnamon Oat Bar**  
**Banana / Pears**  
**100% Fruit/Veg Juice**  
**Milk**

**Strawberry Oat Bar** **22**  
**AND**  
**Cereal Choice**  
**Fruit Cocktail / Blueberries**  
**100% Fruit/Veg Juice**  
**Milk**

**Sausage Biscuit** **25**  
**OR**  
**Cereal Choice**  
**with Strawberry Oatmeal Bar**  
**Pineapple / Blueberries**  
**100% Fruit/Veg Juice**  
**Milk**

**Nutri-grain Bar** **26**  
**AND**  
**Cereal Choice**  
**Applesauce / Apple**  
**100% Fruit/Veg Juice**  
**Milk**

**Z Storm Bread** **27**  
**OR**  
**Cereal Choice**  
**with Strawberry Oat Bar**  
**Pears / Orange**  
**100% Fruit/Veg Juice**  
**Milk**

**Mini Waffle** **28**  
**OR**  
**Cereal Choice w/ Cinnamon Bar**  
**Bacon**  
**Grapes / Peaches**  
**100% Fruit/Veg Juice**  
**Milk**

