



# SMYER ISD BREAKFAST MENU

February  
2023

Start your day with a healthy breakfast



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> French Toast Sticks Sausage Patty  Choice of Cereal Graham Crackers Apple Juice Fresh Orange  1% Milk Chocolate Skim Milk	<b>2</b> Breakfast Bowl  Choice of Cereal Graham Crackers Apple Juice Fresh Orange  1% Milk Chocolate Skim Milk	<b>3</b> Bacon, Egg & Cheese on Bagel  Choice of Cereal Graham Crackers  Grape Juice Fresh Apple 1% Milk Chocolate Skim Milk
<b>6</b> Cheesy Ham Melt  Choice of Cereal Graham Crackers  Banana Apple Juice Chocolate Skim Milk 1% Milk	<b>7</b> Blueberry Loaf Cheese Stick  Choice of Cereal Graham Crackers  Fresh Orange Apple Juice 1% Milk Chocolate Skim Milk	<b>8</b> Coffee Cake  Choice of Cereal Graham Crackers  Apple Juice Diced Peaches 1% Milk Chocolate Skim Milk	<b>9</b> Blueberry Breakfast Bark  Choice of Cereal Graham Crackers  Fresh Apple Grape Juice 1% Milk Chocolate Skim Milk	<b>10</b> Breakfast Burrito  Choice of Cereal Graham Crackers  Mixed Canned Fruit 1% Milk Chocolate Skim Milk
<b>13</b> Breakfast Flatbread  Choice of Cereal Graham Crackers  Fresh Orange Apple Juice 1% Milk Chocolate Skim Milk	<b>14</b> Chocolate Banana Bread Overnight Oats  Choice of Cereal Graham Crackers  Orange Juice Sliced Pears 1% Milk Chocolate Skim Milk	<b>15</b> Strawberry Cream Cheese Filled Bagel  Choice of Cereal Graham Crackers  Orange Juice 1% Milk Chocolate Skim Milk	<b>16</b> Scrambled Egg Whole Grain Toast  Choice of Cereal Graham Crackers  Orange Juice 1% Milk Chocolate Skim Milk	<b>17</b> Biscuits & Gravy  Choice of Cereal Graham Crackers  Applesauce 1% Milk Chocolate Skim Milk
<b>20</b> NO SCHOOL	<b>21</b> NO SCHOOL	<b>22</b> Sausage Breakfast Pizza  Choice of Cereal Graham Crackers  Fresh Orange Apple Juice 1% Milk Chocolate Skim Milk	<b>23</b> Cinnamon Roll  Choice of Cereal Graham Crackers  Banana Orange Juice 1% Milk Chocolate Skim Milk	<b>24</b> Breakfast Banana Split Yogurt Parfait  Choice of Cereal Educational Crackers  Fresh Orange Grape Juice 1% Milk Chocolate Skim Milk
<b>27</b> Brekkie  Choice of Cereal Graham Crackers  Fresh Apple Orange Juice 1% Milk Chocolate Skim Milk	<b>28</b> Chocolate Chip Muffin Cheese Stick  Choice of Cereal Graham Crackers  Banana Apple Juice 1% Milk Chocolate Skim Milk			

PRICES

Students  
Adult Breakfast

FREE  
\$2.75

EXTRA INFO

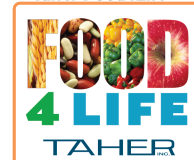
For questions, please contact Food Service  
Director Rosy Rivera  
rosy.rivera@smyer-isd.com  
\*Choice of Milk: 1% White or Chocolate

HARVEST OF



THE MONTH

Your MENUS plus more  
information on our app  
TaHer Food4Life®



www.taHer.com

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