



# Alpha School

February 2018  
Breakfast Menu

## Get a Healthy Start to Your Day with School Breakfast!

**Each Entrée Comes with:**  
Assorted Fruit  
100% Fruit Juice  
Milk Selection

Did you know, if you are approved for free or reduced lunch, you are also eligible for breakfast!

Student Breakfast \$1.25

Adult Breakfast \$1.75

Reduced Breakfast \$0.30

take time for  
**school  
BREAKFAST**



### NUTRITION NEWS:

February is Heart Healthy Month! The heart is one of the most

important organs in the body, on average beating 60-100 times per minute, so it's important to keep it healthy! Eating

well-balanced meals that include a combination of whole grains, lean proteins, fruits, vegetables, and low-fat dairy will help keep your heart healthy! Physical activity is also important because it helps lower blood pressure and helps our bodies control stress. Set a goal to be physically active at least 60 minutes per day!

Monday	Tuesday	Wednesday	Thursday	Friday
	<i>Keep your heart happy by choosing healthy options!</i>		1 Bagel Bag OR Cereal Bag OR Muffin Bag Assorted Fruit 100% Fruit Juice Milk Selection	2 Bagel Bag OR Cereal Bag OR Muffin Bag Assorted Fruit 100% Fruit Juice Milk Selection
5 Bagel Bag OR Cereal Bag OR Muffin Bag Assorted Fruit 100% Fruit Juice Milk Selection	6 Bagel Bag OR Cereal Bag OR Muffin Bag Assorted Fruit 100% Fruit Juice Milk Selection	7 Bagel Bag OR Cereal Bag OR Muffin Bag Assorted Fruit 100% Fruit Juice Milk Selection	8 Bagel Bag OR Cereal Bag OR Muffin Bag Assorted Fruit 100% Fruit Juice Milk Selection	9 Bagel Bag OR Cereal Bag OR Muffin Bag Assorted Fruit 100% Fruit Juice Milk Selection
12 Bagel Bag OR Cereal Bag OR Muffin Bag Assorted Fruit 100% Fruit Juice Milk Selection	13 Bagel Bag OR Cereal Bag OR Muffin Bag Assorted Fruit 100% Fruit Juice Milk Selection	14 Bagel Bag OR Cereal Bag OR Muffin Bag Assorted Fruit 100% Fruit Juice Milk Selection	15 Bagel Bag OR Cereal Bag OR Muffin Bag Assorted Fruit 100% Fruit Juice Milk Selection	16 <b>EARLY DISMISSAL BREAKFAST AVAILABLE</b>
19 <b>President's Day  School Closed</b>	20 Bagel Bag OR Cereal Bag OR Muffin Bag Assorted Fruit 100% Fruit Juice Milk Selection	21 Bagel Bag OR Cereal Bag OR Muffin Bag Assorted Fruit 100% Fruit Juice Milk Selection	22 Bagel Bag OR Cereal Bag OR Muffin Bag Assorted Fruit 100% Fruit Juice Milk Selection	23 Bagel Bag OR Cereal Bag OR Muffin Bag Assorted Fruit 100% Fruit Juice Milk Selection
26 Bagel Bag OR Cereal Bag OR Muffin Bag Assorted Fruit 100% Fruit Juice Milk Selection	27 Bagel Bag OR Cereal Bag OR Muffin Bag Assorted Fruit 100% Fruit Juice Milk Selection	28 Bagel Bag OR Cereal Bag OR Muffin Bag Assorted Fruit 100% Fruit Juice Milk Selection		

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