





Community Academy Public Charter Schools February 2012 Breakfast Menu



Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Apple Muffin 4oz Fresh Orange 1/2 cup Assorted Jelly .5oz Margarine .17oz	Beef sausage Patty 1.25oz on a Biscuit 2.75oz Grape Juice 1/2 cup Assorted Jelly .5oz	Frosted Flakes Whole Grain Reduced Sugar 1oz Sliced Bagel 1.8oz Blended Fruit Juice 1/2 cup Assorted Jelly .5oz Margarine .17oz
6	7	8	9	10
Frosted Mini Wheats Whole Grain 1oz Cinnamon Breakfast Square 1.7oz Orange Juice 1/2 cup	Mini Chicken Patty 1.65oz on a Biscuit 3.1oz Pineapple Cup 1/2 cup Honey .32 oz	Raisin Bran Whole Grain 1.25oz Superstix w/ Strawberry Cream Cheese 2.1oz Apple-Cranberry Juice 1/2 cup	Pancakes 2.5oz Grape Juice 1/2 cup Syrup 1oz Margarine .17oz	Blueberry Muffin 4oz Fresh Pear 1/2 cup Assorted Jelly .5oz Margarine .17oz
13	14	15	16	17
Frosted Flakes Whole Grain Reduced Sugar 1oz Apple Breakfast Square 1.7oz Blended Fruit Juice 1/2 cup	French Toast Sticks 3.4oz Apple Juice 1/2 cup Syrup 1oz Margarine .17oz	Apple Muffin 4oz Grape Juice 1/2 cup Assorted Jelly .5oz Margarine .17oz	Cheese Omelet 2.1 oz Graham Crackers .7oz Fresh Banana 1/2 cup	Corn Pops .75oz Sliced Bagel 1.8oz Mixed Fruit Cup 1/2 cup Assorted Jelly .5oz Margarine .17oz
20	21	22	23	24
 School Closed	Pancake and Turkey Sausage on a Stick 2.7oz Orange-Pineapple Juice 1/2 cup Syrup 1oz	Crispix .75oz Graham Crackers .7oz Applesauce 1/2 cup	Cheesy Egg, Potato & Turkey Sausage Incredi-Bowl 3.55oz Fresh Orange 1/2 cup	Mini Wheats Little Bites 1oz Cinnamon Breakfast Square 1.7oz Grape Juice 1/2 cup
27	28	29		
Raisin Bran Whole Grain 1.25oz Strawberry Waffle Crackers 1oz Grape Juice 1/2 cup	Mini Chicken Patty 1.65oz on a Biscuit 3.1oz Blended Fruit Juice 1/2 Cup Honey .32oz	Banana Muffin 4oz Diced Pear Cup 1/2 cup Assorted Jelly .5oz Margarine .17		

Portion Control: Daily meals served are at least 1/4 cup per serving of fruit, vegetables, beans or peas and 1 serving of a 100% whole grain
Milk Variety: 8 fluid Oz flavored low-fat (1%) and unflavored fat-free (skim) fluid milk is offered to each child everyday
Water: Water is available for each child in the area where food is consumed everyday
Local Distributor: Preferred Meal Systems Inc. - 7911 Braygreen Road; Laurel, MD 20707 (301) 497-6940
Dairy Distributor: Dairy Maid - 259 East 7th Street; Fredrick, MD 21701 / Produce: Costal Sunbelt Produce - 8704 Bollman Place; Savage, MD 20763
DoD State Program: Fresh Fruit & Vegetable Program (DoD) / Local Produce (L) - CAPCS Salad Bar

Preferred Meals Systems Catering
***Menu is subject to change**