

# FEBRUARY 2020

## OAKLAND INTERNATIONAL ACADEMY

### PRE-K-8



#### School Information:

All meals meet USDA guidelines for a healthy school breakfast

All Students **MUST** have a serving of Fruit for Breakfast!

All Grains served are Whole Grain Rich.

**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, & artichoke hearts.



### BREAKFAST

#### Monday

3

Assorted Breakfast Cereal  
Breakfast Bar  
Crackers  
One cup serving Fresh Fruits  
100% Fruit Juice  
Low-fat or Fat-free Milk

#### Tuesday

4

Cake Crumb Chocolate Chip  
Assorted Breakfast Cereal  
Breakfast Bar  
Crackers  
One cup serving 100% Fresh Fruits  
Low-fat or Fat-free Milk

#### Wednesday

5

Ultimate Breakfast Round  
Assorted Breakfast Cereal  
Breakfast Bar  
Crackers  
One cup serving 100% Fresh Fruits  
Low-fat or Fat-free Milk

#### Thursday

6

Crunchmania  
Assorted Breakfast Cereal  
Breakfast Bar  
Crackers  
One cup serving Fresh Fruits  
100% Fruit Juice  
Low-fat or Fat-free Milk

#### Friday

7

Chocolate Mini French Toast  
Assorted Breakfast Cereal  
One cup serving Fresh Fruits  
100% Fruit Juice  
Low-fat or Fat-free Milk

10

Oatmeal Square  
Breakfast Bar  
One cup serving Fresh Fruits  
100% Fruit Juice  
Low-fat or Fat-free Milk

11

Choc Chip Muffin  
Assorted Breakfast Cereal  
Breakfast Bar  
Crackers  
One cup serving Fresh Fruits  
100% Fruit Juice  
Low-fat or Fat-free Milk

12

COUNT DAY  
Assorted Breakfast Cereal  
Breakfast Bar  
Crackers  
One cup serving Fresh Fruits  
100% Fruit Juice  
Low-fat or Fat-free Milk

13

Mini Pancake  
Assorted Breakfast Cereal  
Breakfast Bar  
Crackers  
One cup serving Fresh Fruits  
100% Fruit Juice  
Low-fat or Fat-free Milk

14

Cinnamon Roll  
Assorted Breakfast Cereal  
Breakfast Bar  
Crackers  
One cup serving Fresh Fruits  
100% Fruit Juice  
Low-fat or Fat-free Milk

17

**PRESIDENT'S DAY**  
**SCHOOL CLOSED**

18

**MIDWINTER BREAK**  
**SCHOOL CLOSED**

19

Cake Crumb Chocolate Chip  
Assorted Breakfast Cereal  
Breakfast Bar  
Crackers  
One cup serving 100% Fresh Fruits  
Low-fat or Fat-free Milk

20

Ultimate Breakfast Round  
Assorted Breakfast Cereal  
Breakfast Bar  
Crackers  
One cup serving 100% Fresh Fruits  
Low-fat or Fat-free Milk

21

Corn Bread  
Assorted Breakfast Cereal  
Breakfast Bar  
Crackers  
One cup serving Fresh Fruits  
100% Fruit Juice  
Low-fat or Fat-free Milk

24

Banana Bread  
Assorted Breakfast Cereal  
Breakfast Bar  
Crackers  
One cup serving Fresh Fruits  
100% Fruit Juice  
Low-fat or Fat-free Milk

25

Oatmeal Square  
Breakfast Bar  
One cup serving Fresh Fruits  
100% Fruit Juice  
Low-fat or Fat-free Milk

26

Choc Chip Muffin  
Assorted Breakfast Cereal  
Breakfast Bar  
Crackers  
One cup serving Fresh Fruits  
100% Fruit Juice  
Low-fat or Fat-free Milk

27

Crunchmania  
Assorted Breakfast Cereal  
Breakfast Bar  
Crackers  
One cup serving Fresh Fruits  
100% Fruit Juice  
Low-fat or Fat-free Milk

28

Chocolate Mini French Toast  
Assorted Breakfast Cereal  
One cup serving Fresh Fruits  
100% Fruit Juice  
Low-fat or Fat-free Milk

*This institution is an equal opportunity provider*

*All students are eligible for Free School Meals.*

*Menu choices are subject to change*

