

February 2021

PARK CITY SCHOOLS

BREAKFAST



Breakfast Prices

K-12 \$1.35 Adults \$2.00



Nutrition Tip: Ready-to-eat cereal consumption encourages milk consumption. Among children 6-12 years old who eat ready-to-eat cereal, 53% of all daily milk consumption is with cereal.



Reference: NHANES 2015-16

Monday

Cereal Bars, **1**
Cheese Stick, Raisins
and Milk

Tuesday

French Toast Sticks **2**
Go-Gurt, Juice and Milk

Wednesday

Variety of Cereal, **3**
Apple Slices, Cheese
Stick and Milk

Thursday

Pop Tarts, Grapes, **4**
Cheese Stick, Juice
and Milk

Friday

Yogurt, Blueberries, **5**
Muffins and Milk

Cinnamon Bagel **8**
Stick, Applesauce,
Cheese Stick and Milk

Mini-Waffles, **9**
Go-Gurt, Juice and Milk

Variety of Cereal, **10**
Apple Slices, Cheese
Stick and Milk

Yogurt, **11**
Mixed-berries, Scooby
Grahams, Juice and
Milk

Maple Bars, Apple, **12**
Cheese Stick and Milk

Coco Breakfast **15**
Bread, Cheese Stick,
Grapes and Milk

Mini-Cinnamon **16**
Rolls, Go-Gurt,
Juice and Milk

Variety of Cereal, **17**
Applesauce, Cheese
Stick and Milk

NO SCHOOL **18**

NO SCHOOL **19**

Oatmeal Chocolate **22**
Chip Breakfast Bar,
Cheese Stick, Apple
and Milk

Mini-Pancakes, **23**
Juice, Go-Gurt,
and Milk

Variety of Cereal, **24**
Oranges, Cheese Stick
and Milk

Biscuits & Gravy, **25**
Raisins, Juice and Milk

Yogurt, Blueberries, **26**
Muffins and Milk

**MENU IS
SUBJECT TO
CHANGE!**

