

February

CAPE GIRARDEAU PUBLIC SCHOOLS

ALTERNATIVE EDUCATION CENTER BREAKFAST

Monday

Tuesday

Wednesday

Thursday

Friday

February Highlights

AMERICAN HEART MONTH

BLACK HISTORY MONTH

CHILDREN'S DENTAL HEALTH MONTH

LIBRARY LOVER'S MONTH

NATIONAL CHERRY MONTH

1 SAUSAGE, EGG & CHEESE
BISCUIT SANDWICH
JELLY
OR
CINNAMON BREAKFAST BAGELFUL
OR
CEREAL W/ SIDE CHOICE
CHILLED FRUIT JUICE
OR
FRESH FRUIT
MILK-VARIETY OF FLAVORS

2 BISCUIT & SAUSAGE GRAVY
JELLY
OR
CINNAMON BREAKFAST BAGELFUL
OR
CEREAL W/ SIDE CHOICE
CHILLED FRUIT JUICE
OR
FRESH FRUIT
MILK-VARIETY OF FLAVORS

3 SAUSAGE, EGG & CHEESE
BISCUIT SANDWICH
JELLY
OR
CINNAMON BREAKFAST BAGELFUL
OR
CEREAL W/ SIDE CHOICE
CHILLED FRUIT JUICE
OR
FRESH FRUIT
MILK-VARIETY OF FLAVORS

6 SAUSAGE, EGG & CHEESE
BISCUIT SANDWICH
JELLY
OR
CINNAMON BREAKFAST BAGELFUL
OR
CEREAL W/ SIDE CHOICE
CHILLED FRUIT JUICE
OR
FRESH FRUIT
MILK-VARIETY OF FLAVORS

7 FRENCH TOAST STICKS
SYRUP
OR
CINNAMON BREAKFAST BAGELFUL
OR
CEREAL W/ SIDE CHOICE
CHILLED FRUIT JUICE
OR
FRESH FRUIT
MILK-VARIETY OF FLAVORS

8 SAUSAGE, EGG & CHEESE
BISCUIT SANDWICH
JELLY
OR
CINNAMON BREAKFAST BAGELFUL
OR
CEREAL W/ SIDE CHOICE
CHILLED FRUIT JUICE
OR
FRESH FRUIT
MILK-VARIETY OF FLAVORS

9 BISCUIT & SAUSAGE GRAVY
JELLY
OR
CINNAMON BREAKFAST BAGELFUL
OR
CEREAL W/ SIDE CHOICE
CHILLED FRUIT JUICE
OR
FRESH FRUIT
MILK-VARIETY OF FLAVORS

10 SAUSAGE, EGG & CHEESE
BISCUIT SANDWICH
JELLY
OR
CINNAMON BREAKFAST BAGELFUL
OR
CEREAL W/ SIDE CHOICE
CHILLED FRUIT JUICE
OR
FRESH FRUIT
MILK-VARIETY OF FLAVORS

13 SAUSAGE, EGG & CHEESE
BISCUIT SANDWICH
JELLY
OR
CINNAMON BREAKFAST BAGELFUL
OR
CEREAL W/ SIDE CHOICE
CHILLED FRUIT JUICE
OR
FRESH FRUIT
MILK-VARIETY OF FLAVORS

14 EGG & COLBY CHEESE OMELET
BUTTERMILK BISCUIT
JELLY
OR
CINNAMON BREAKFAST BAGELFUL
OR
CEREAL W/ SIDE CHOICE
CHILLED FRUIT JUICE
OR
FRESH FRUIT
MILK-VARIETY OF FLAVORS

15 SAUSAGE, EGG & CHEESE
BISCUIT SANDWICH
JELLY
OR
CINNAMON BREAKFAST BAGELFUL
OR
CEREAL W/ SIDE CHOICE
CHILLED FRUIT JUICE
OR
FRESH FRUIT
MILK-VARIETY OF FLAVORS

16 BISCUIT & SAUSAGE GRAVY
JELLY
OR
CINNAMON BREAKFAST BAGELFUL
OR
CEREAL W/ SIDE CHOICE
CHILLED FRUIT JUICE
OR
FRESH FRUIT
MILK-VARIETY OF FLAVORS

17 NO SCHOOL TODAY
PARENT TEACHER COMPENSATION
DAY

20 NO SCHOOL TODAY
PRESIDENT'S DAY



21 NO SCHOOL TODAY
PROFESSIONAL DEVELOPMENT DAY



MARDI GRAS

22 SAUSAGE, EGG & CHEESE
BISCUIT SANDWICH
JELLY
OR
CINNAMON BREAKFAST BAGELFUL
OR
CEREAL W/ SIDE CHOICE
CHILLED FRUIT JUICE
OR
FRESH FRUIT
MILK-VARIETY OF FLAVORS

23 BISCUIT & SAUSAGE GRAVY
JELLY
OR
CINNAMON BREAKFAST BAGELFUL
OR
CEREAL W/ SIDE CHOICE
CHILLED FRUIT JUICE
OR
FRESH FRUIT
MILK-VARIETY OF FLAVORS

24 SAUSAGE, EGG & CHEESE
BISCUIT SANDWICH
JELLY
OR
CINNAMON BREAKFAST BAGELFUL
OR
CEREAL W/ SIDE CHOICE
CHILLED FRUIT JUICE
OR
FRESH FRUIT
MILK-VARIETY OF FLAVORS

27 SAUSAGE, EGG & CHEESE
BISCUIT SANDWICH
JELLY
OR
CINNAMON BREAKFAST BAGELFUL
OR
CEREAL W/ SIDE CHOICE
CHILLED FRUIT JUICE
OR
FRESH FRUIT
MILK-VARIETY OF FLAVORS

28 MAPLE EGGO MINI PANCAKE
SYRUP
OR
CINNAMON BREAKFAST BAGELFUL
OR
CEREAL W/ SIDE CHOICE
CHILLED FRUIT JUICE
OR
FRESH FRUIT
MILK-VARIETY OF FLAVORS

29 SAUSAGE, EGG & CHEESE
BISCUIT SANDWICH
JELLY
OR
CINNAMON BREAKFAST BAGELFUL
OR
CEREAL W/ SIDE CHOICE
CHILLED FRUIT JUICE
OR
FRESH FRUIT
MILK-VARIETY OF FLAVORS

1 BISCUIT & SAUSAGE GRAVY
JELLY
OR
CINNAMON BREAKFAST BAGELFUL
OR
CEREAL W/ SIDE CHOICE
CHILLED FRUIT JUICE
OR
FRESH FRUIT
MILK-VARIETY OF FLAVORS

2 SAUSAGE, EGG & CHEESE
BISCUIT SANDWICH
JELLY
OR
CINNAMON BREAKFAST BAGELFUL
OR
CEREAL W/ SIDE CHOICE
CHILLED FRUIT JUICE
OR
FRESH FRUIT
MILK-VARIETY OF FLAVORS