

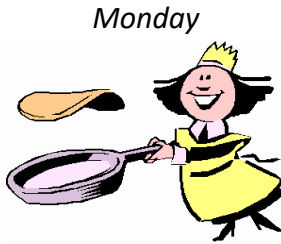


Many Healthy Foods Cost Less

Some produce can cost less than snacks like chocolate candy & chips or convenience or fast foods. You will save on sugar and fats in addition to money. For instance, a banana may come to 25¢ each –less than the price of most pre-packaged snacks. And a 5-lb bag of potatoes will cost only a little more than one order of French fries.

To keep prices down, purchase fresh fruits & vegetables in season, or buy then frozen. Buying in bulk could save you money on cereal, nuts, seeds, and other healthy items.

If those quantities are too much for your family, try shopping at a warehouse store with a neighbor and splitting the amounts.



FEBRUARY 2024



IOLA-SCANDINAVIA HS/MS SCHOOL BREAKFAST MENU



Monday

Tuesday

Wednesday

Thursday

Friday

5 W/G Pop Tart Yogurt Fruit/Fruit Juice Milk Choice	6 Blueberry Bagel String Cheese Fruit/Fruit Juice Milk Choice	7 Grape Filled Crescent String Cheese Fruit/Fruit Juice Milk Choice	1 Assorted W/G Cereal W/G Muffin Fruit/Fruit Juice Milk Choice	2 Smucker's Peanut Butter & Jelly Uncrustable Sandwich Fruit/Fruit Juice Milk Choice
12 Blueberry Donut String Cheese Fruit/Fruit Juice Milk Choice	13 Smucker's Peanut Butter & Jelly Uncrustable Sandwich Fruit/Fruit Juice Milk Choice	14 W/G Mini Waffles Fruit/Fruit Juice Milk Choice	8 Assorted W/G Cereal W/G Muffin Fruit/Fruit Juice Milk Choice	9 Cereal Bar W/G Muffin Fruit/Fruit Juice Milk Choice
19 W/G Graham Snack W/G Muffin Fruit/Fruit Juice Milk Choice	20 Apple Filled Donut String Cheese Fruit/Fruit Juice Milk Choice	21 Cherry Frudel String Cheese Fruit/Fruit Juice Milk Choice	15 Assorted W/G Cereal W/G Muffin Fruit/Fruit Juice Milk Choice	16 Pull Apart Donut String Cheese Fruit/Fruit Juice Milk Choice
26 W/G Graham Snack W/G Muffin Fruit/Fruit Juice Milk Choice	27 Lemon Bread String Cheese Fruit/Fruit Juice Milk Choice	28 Cinni Mini's Fruit/Fruit Juice Milk Choice	22 Assorted W/G Cereal W/G Muffin Fruit/Fruit Juice Milk Choice	24 No School Professional Development 
			29 Cereal Bar W/G Muffin Fruit/Fruit Juice Milk Choice	Milk Choice of 1% chocolate or 1% white milk included daily  Menu items are subject to change without notice.

