

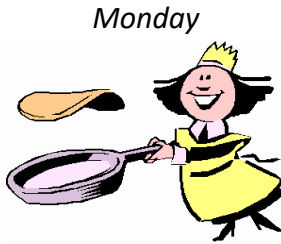


Many Healthy Foods Cost Less

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. Milk Choice of 1% chocolate or 1% white milk included.



FEBRUARY 2024



IOLA-SCANDINAVIA ELEMENTARY SCHOOL BREAKFAST MENU

Monday

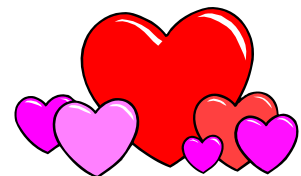
Tuesday

Wednesday

Thursday

Friday

5 W/G Pop Tart Yogurt Fruit/Fruit Juice Milk Choice	6 W/G Toasted Bagel Fruit/Fruit Juice Milk Choice	7 Cinnamon Toast Crunch Soft Filled Bar Fruit/Fruit Juice Milk Choice	1 W/G Graham Snack String Cheese Fruit/Fruit Juice Milk Choice	2 Assorted W/G Cereal String Cheese Fruit/Fruit Juice Milk Choice
12 W/G Mini Waffles Fruit/Fruit Juice Milk Choice	13 Apple Filled Donut Fruit/Fruit Juice Milk Choice	14 Smucker's Peanut Butter & Jelly Uncrustable Fruit/Fruit Juice Milk Choice	8 Assorted W/G Cereal String Cheese Fruit/Fruit Juice Milk Choice	9 Cinni Mini's Fruit/Fruit Juice Milk Choice
19 Strawberry Cream Cheese Mini Bagel Fruit/Fruit Juice Milk Choice	20 W/G Pop Tart Yogurt Fruit/Fruit Juice Milk Choice	21 Cereal Bar String Cheese Fruit/Fruit Juice Milk Choice	15 W/G Graham Snack String Cheese Fruit/Fruit Juice Milk Choice	16 Pull Apart Donut Fruit/Fruit Juice Milk Choice
26 Cereal Bar String Cheese Fruit/Fruit Juice Milk Choice	27 Blueberry Donut Fruit/Fruit Juice Milk Choice	28 Smucker's Peanut Butter & Jelly Uncrustable Sandwich Fruit/Fruit Juice Milk Choice	22 Pancake on a Stick Fruit/Fruit Juice Milk Choice	23 No School Professional Development 
			29 W/G Graham Snack String Cheese Fruit/Fruit Juice Milk Choice	Milk Choice of 1% chocolate or 1% white milk included daily  Menu items are subject to change without notice.



This institution is an equal opportunity provider.

