

# This institution is an equal opportunity provider

Menu Name : Great Oaks Academy (School of Grammar K-5th) Bagged w/ Cereal - Breakfast (Cold)							
Grade Level / Age Group : Grades K- 5th			Meal Pattern : NSLP		Meal: Breakfast (Cold)		
February - 2026							
Breakfast	Monday, February 02, 2026		Tuesday, February 03, 2026	Wednesday, February 04, 2026	Thursday, February 05, 2026	Friday, February 06, 2026	Week I
	<b>Assorted Cereal</b>		<b>Cranberry Oatmeal Bar</b>	<b>Lemon Poppyseed</b>	<b>Glazed Breakfast Bites</b>	<b>Apple Cinnamon Brekkie</b>	
	100% 4.23 oz Fruit Juice (1 Item)		100% 4.23 oz Fruit Juice (1 Item)	100% 4.23 oz Fruit Juice (1 Item)	100% 4.23 oz Fruit Juice (1 Item)	100% 4.23 oz Fruit Juice (1 Item)	
	Second Fruit (1 Item Each)		Second Fruit (1 Item Each)	Second Fruit (1 Item Each)	Second Fruit (1 Item Each)	Second Fruit (1 Item Each)	
	Choice of Milk at Check out		Choice of Milk at Check out	Choice of Milk at Check out	Choice of Milk at Check out	Choice of Milk at Check out	
Breakfast	Monday, February 09, 2026		Tuesday, February 10, 2026	Wednesday, February 11, 2026	Thursday, February 12, 2026	Friday, February 13, 2026	Week II
	<b>Assorted Cereal</b>		<b>Blueberry Waffle</b>	<b>French Toast Loaf</b>	<b>Banana Bread Super Slice</b>	<b>No School</b>	
	100% 4.23 oz Fruit Juice (1 Item)		100% 4.23 oz Fruit Juice (1 Item)	100% 4.23 oz Fruit Juice (1 Item)	100% 4.23 oz Fruit Juice (1 Item)		
	Second Fruit (1 Item Each)		Second Fruit (1 Item Each)	Second Fruit (1 Item Each)	Second Fruit (1 Item Each)		
	Choice of Milk at Check out		Choice of Milk at Check out	Choice of Milk at Check out	Choice of Milk at Check out		
Breakfast	Monday, February 16, 2026		Tuesday, February 17, 2026	Wednesday, February 18, 2026	Thursday, February 19, 2026	Friday, February 20, 2026	Week III
	<b>No School</b>		<b>Pumpkin Muffin</b>	<b>Sliced Bagel w/ Strawberry Cream Cheese</b>	<b>Honey Breakfast Bun</b>	<b>Dunkin Stix</b>	
			100% 4.23 oz Fruit Juice (1 Item)	100% 4.23 oz Fruit Juice (1 Item)	100% 4.23 oz Fruit Juice (1 Item)	100% 4.23 oz Fruit Juice (1 Item)	
			Second Fruit (1 Item Each)	Second Fruit (1 Item Each)	Second Fruit (1 Item Each)	Second Fruit (1 Item Each)	
			Choice of Milk at Check out	Choice of Milk at Check out	Choice of Milk at Check out	Choice of Milk at Check out	
Breakfast	Monday, February 23, 2026		Tuesday, February 24, 2026	Wednesday, February 25, 2026	Thursday, February 26, 2026	Friday, February 27, 2026	Week IV
	<b>Assorted Cereal</b>		<b>Blueberry Pomegranate Breakfast Bar</b>	<b>Banana Muffin</b>	<b>Apple Breakfast Bites</b>	<b>Chocolate Cake Donut</b>	
	100% 4.23 oz Fruit Juice (1 Item)		100% 4.23 oz Fruit Juice (1 Item)	100% 4.23 oz Fruit Juice (1 Item)	100% 4.23 oz Fruit Juice (1 Item)	100% 4.23 oz Fruit Juice (1 Item)	
	Second Fruit (1 Item Each)		Second Fruit (1 Item Each)	Second Fruit (1 Item Each)	Second Fruit (1 Item Each)	Second Fruit (1 Item Each)	
	Choice of Milk at Check out		Choice of Milk at Check out	Choice of Milk at Check out	Choice of Milk at Check out	Choice of Milk at Check out	
What is a healthy portion size of meat according to the USDA?							
Meats (each counts as 1 serving): 2 to 3 ounces cooked lean beef, pork, veal, or lamb without bone. 2 to 3 ounces cooked poultry without skin or bone. 2 to 3 ounces cooked fish without bone.							
The USDA promotes portion control through the MyPlate guidelines, which recommend making half your plate fruits and vegetables.							
It also emphasizes controlling portions at restaurants, reading food for serving sizes, and using measuring cups and serving utensils							
to ensure consistent and appropriate amounts.							