

**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 Menu subject to change without notice due to substitutions/weather \*\*\*Please Review Lunch Inclement weather pt

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> 100% 4.23 oz Fruit Juice (1 Item) Second Fruit (1 Item Each) Choice of Milk at Check out	<b>Cranberry Oatmeal Bar</b> 100% 4.23 oz Fruit Juice (1 Item) Second Fruit (1 Item Each) Choice of Milk at Check out	<b>Lemon Poppyseed</b> 100% 4.23 oz Fruit Juice (1 Item) Second Fruit (1 Item Each) Choice of Milk at Check out	<b>Glazed Breakfast Bites</b> 100% 4.23 oz Fruit Juice (1 Item) Second Fruit (1 Item Each) Choice of Milk at Check out	<b>Apple Cinnamon Brekkie</b> 100% 4.23 oz Fruit Juice (1 Item) Second Fruit (1 Item Each) 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> 100% 4.23 oz Fruit Juice (1 Item) Second Fruit (1 Item Each) Choice of Milk at Check out	<b>Blueberry Waffle</b> 100% 4.23 oz Fruit Juice (1 Item) Second Fruit (1 Item Each) Choice of Milk at Check out	<b>French Toast Loaf</b> 100% 4.23 oz Fruit Juice (1 Item) Second Fruit (1 Item Each) Choice of Milk at Check out	<b>Banana Bread Super Slice</b> 100% 4.23 oz Fruit Juice (1 Item) Second Fruit (1 Item Each) Choice of Milk at Check out	<b>No School</b>	
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> 100% 4.23 oz Fruit Juice (1 Item) Second Fruit (1 Item Each) Choice of Milk at Check out	<b>Sliced Bagel w/ Strawberry Cream Cheese</b> 100% 4.23 oz Fruit Juice (1 Item) Second Fruit (1 Item Each) Choice of Milk at Check out	<b>Honey Breakfast Bun</b> 100% 4.23 oz Fruit Juice (1 Item) Second Fruit (1 Item Each) Choice of Milk at Check out	<b>Dunkin Stix</b>	
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> 100% 4.23 oz Fruit Juice (1 Item) Second Fruit (1 Item Each) Choice of Milk at Check out	<b>Blueberry Pomegranate Breakfast Bar</b> 100% 4.23 oz Fruit Juice (1 Item) Second Fruit (1 Item Each) Choice of Milk at Check out	<b>Banana Muffin</b> 100% 4.23 oz Fruit Juice (1 Item) Second Fruit (1 Item Each) Choice of Milk at Check out	<b>Apple Breakfast Bites</b> 100% 4.23 oz Fruit Juice (1 Item) Second Fruit (1 Item Each) Choice of Milk at Check out	<b>Chocolate Cake Donut</b> 100% 4.23 oz Fruit Juice (1 Item) Second Fruit (1 Item Each) Choice of Milk at Check out	
What is a healthy portion size of meat according to the USDA?			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.			
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.						