

This institution is an equal opportunity provider

Menu Name : Great Oaks Academy (School of Logic/Rhetic 5th-9th) Bagged w/ Cereal - Breakfast (Hot Mondays & Wednesdays)							
Grade Level / Age Group : Grades 5th - 9th		Meal Pattern : NSLP					
Meal: Breakfast (Hot)							
February - 2026							
Breakfast	Monday, February 02, 2026	Tuesday, February 03, 2026	Wednesday, February 04, 2026	Thursday, February 05, 2026	Friday, February 06, 2026		
Breakfast	All Beef Red Sauce Breakfast 100% 4.23 oz Fruit Juice (1 Item) Second Fruit (1 Item Each) Choice of Milk at Check out	Assorted Cereal Bowl 100% 4.23 oz Fruit Juice (1 Item) Second Fruit (1 Item Each) Choice of Milk at Check out	Chef's Choice 100% 4.23 oz Fruit Juice (1 Item) Second Fruit (1 Item Each) Choice of Milk at Check out	Glazed Breakfast bites 100% 4.23 oz Fruit Juice (1 Item) Second Fruit (1 Item Each) Choice of Milk at Check out	Apple Cinnamon Brekkie 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		
Breakfast	Chicken Sausage and Cheese Croissant 100% 4.23 oz Fruit Juice (1 Item) Second Fruit (1 Item Each) Choice of Milk at Check out	Blueberry waffle 100% 4.23 oz Fruit Juice (1 Item) Second Fruit (1 Item Each) Choice of Milk at Check out	Maple Waffle Breaded Chicken Sandwich 100% 4.23 oz Fruit Juice (1 Item) Second Fruit (1 Item Each) Choice of Milk at Check out	Banana Bread Super Slice 100% 4.23 oz Fruit Juice (1 Item) Second Fruit (1 Item Each) Choice of Milk at Check out	No School		
Breakfast	Monday, February 16, 2026	Tuesday, February 17, 2026	Wednesday, February 18, 2026	Thursday, February 19, 2026	Friday, February 20, 2026		
Breakfast	No School	Assorted Cereal Bowl 100% 4.23 oz Fruit Juice (1 Item) Second Fruit (1 Item Each) Choice of Milk at Check out	Dutch Waffle 100% 4.23 oz Fruit Juice (1 Item) Second Fruit (1 Item Each) Choice of Milk at Check out	Honey Breakfast Bun 100% 4.23 oz Fruit Juice (1 Item) Second Fruit (1 Item Each) Choice of Milk at Check out	Dunkin Stix 100% 4.23 oz Fruit Juice (1 Item) Second Fruit (1 Item Each) 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		
Breakfast	Chicken Sausage & Cheese Croissant Sandwich 100% 4.23 oz Fruit Juice (1 Item) Second Fruit (1 Item Each) Choice of Milk at Check out	Blueberry Pomegranate Breakfast Bar 100% 4.23 oz Fruit Juice (1 Item) Second Fruit (1 Item Each) Choice of Milk at Check out	Warm Pancake Puffs 100% 4.23 oz Fruit Juice (1 Item) Second Fruit (1 Item Each) Choice of Milk at Check out	Banana Muffin 100% 4.23 oz Fruit Juice (1 Item) Second Fruit (1 Item Each) Choice of Milk at Check out	Chocolate cake Donut 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.						