

# This institution is an equal opportunity provider

Menu Name : Great Oaks Academy (School of Logic/Rhetoric 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
	All Beef Red Sauce Breakfast	Assorted Cereal Bowl	Chef's Choice	Glazed Breakfast bites	Apple Cinnamon Brekkie
	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
	Chicken Sausage & Cheese Croissant	Blueberry waffle	Maple Waffle Breaded Chicken Sandwich	Banana Bread Super Slice	No School
	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
	No School	Assorted Cereal Bowl	Dutch Waffle	Honey Breakfast Bun	Dunkin Stix
		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
	Chicken Sausage & Cheese Croissant Sandwich	Blueberry Pomegranate Breakfast Bar	Warm Pancake Puffs	Banana Muffin	Chocolate cake Donut
	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?				The USDA promotes portion control through the MyPlate guidelines,
	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.				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.