

**GLOBAL
CONCEPTS
CHARTER SCHOOLS
Breakfast Menu K-12
Student Price\$2.00**

February 2019

February is Black History Month!

Pre-Paid Full & Reduced Lunches are available daily, weekly and monthly

Menu is subject to change.



Do you know the founder of Black History Month is
Dr. Carter G. Woodson?

Other Famous Black Americans:

Crispus Attucks – 1st Person Killed at Boston Massacre

Hiram Rhodes Revels – U.S. Senator (1870)

Dr. Mae C. Jemison – Astronaut

Barack Obama – President of the U.S.A.

Monday	Tuesday	Wednesday	Thursday	Friday
			Now Participating in Farm To School Programs! This Month Featuring NY State Apples From LynOaken Farms!!	1 Bagel w/ Toppings (2G) Cereal w/1/2 Bagel (2G) ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk
4 Bagel w/ Toppings (2G) Cereal w/1/2 Bagel (2G) ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	5 French Toast Sticks (2G) w/Syrup Or Cereal w/1/2 Bagel (2G) ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	6 Bagel w/ Toppings (2G) Cereal w/1/2 Bagel (2G) ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	7 Fresh Baked Whole Grain Doughnut (2G) Or Cereal w/1/2 EM (2G) ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	8 Bagel w/ Toppings (2G) Cereal w/1/2 Bagel (2G) ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk
11 Bagel w/ Toppings (2G) Cereal w/1/2 Bagel (2G) ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	12 Pancakes (2G) w/Syrup Or Cereal w/1/2 Bagel (2G) ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	13 Bagel w/ Toppings (2G) Cereal w/1/2 Bagel (2G) ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	14 French Toast Sticks (2G) w/Syrup Or Cereal w/1/2 Bagel (2G) ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	15 Bagel w/ Toppings (2G) Cereal w/1/2 Bagel (2G) ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk
18	19	20	21	22



**Mid-Winter Recess
President Day February 18th**

25 Bagel w/ Toppings (2G) Cereal w/1/2 Bagel (2G) ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	26 Fresh Baked Whole Grain Doughnut (2G) Or Cereal w/1/2 Bagel (2G) ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	27 Bagel w/ Toppings (2G) Cereal w/1/2 Bagel (2G) ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	28 Pancakes (2G) w/Syrup Or Cereal w/1/2 Bagel (2G) ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	This institution is an equal opportunity employer & provider.
--	---	--	---	---

Choose an item from between each of the dotted line sections

Must take at least 2 Items

We offer fresh, prepared fruits and juice daily

Non or Low Fat White or Non-Fat Chocolate Milk

Did You Know.....

All of the grains and breads we use are "whole grain-rich". Meaning they contain at least 51% whole grain meal &/or flour. These requirements also reflect the 2010 Dietary Guidelines for Americans, which recommended making whole grains at least half of all grains consumed.