



FEBRUARY | 2022

Breakfast

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

31	1 Cheese Omelet-320cal Biscuit-44 Fruit-60cal Milk-100cal	2 Pancakes-350cal Fruit-60cal Milk-100cal	3 Biscuit-44cal Egg patty-72cal Fruit-60cal Milk-100cal	4 Cereal-110cal Fruit-60cal Milk-100cal
7 Hot cereal bar-100cal Fruit-60cal Milk-100cal	8 Biscuit/gravy-300cal Fruit-80cal Milk-100cal	9 Scrambled eggs-72cal Toast-50cal Milk-100cal	10 French toast-300cal Fruit-60cal Milk-100cal	11 Muffins-91cal Cheesestick-80cal Fruit-60cal Milk-100cal
14 Breakfast-250cal Fruit-80cal Milk-100cal	15 Breakfast Burrito-240cal Fruit-80cal Milk-100cal	16 Yogurt w granola-211cal Fruit-80cal Milk-100cal	17 Biscuit/Gravy-300cal Fruit-80cal Milk-100cal	18 Cereal-110cal Fruit-80cal Milk-100cal
21 No School	22 Biscuit-44cal Egg patty-72cal Fruit-60cal Milk-100cal	23 Pancakes-350cal Sausage-80cal Fruit-60cal Milk-100cal	24 Cheese omelet-320cal Biscuit-44cal Fruit-60 Milk-100cal	25 Granola bar-200cal Fruit-60cal Milk-100
28 Biscuit-44cal Bacon-160cal Fruit-60cal Milk-100cal	1	2	3	4

News

BETHEL CAFÉ

NUTRITION NEWS!!

Calorie count-

400-500

Sodium-430

Saturated fat-
Less than 10%

Daily requirements-

1cup of fruit
1cup of milk
1oz grain

Weekly requirements-
5cups of fruit
5cups of milk
8oz grain