

Hamilton County School District February 2010

Prek - 6th Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
Jump Start Blue - Frosted Flakes 1 Jump Start Red - Froot Loop Chilled Milk	Pancakes/Syrup 2 Grilled Ham Fruit Juice Chilled Milk	Grits 3 Scrambled Eggs Toast Fruit Juice Chilled Milk Early Dismissal	Sausage Pancake on 4 Stix/w/Syrup Scramble Egg Fruit Juice Chilled Milk	Chicken & Biscuit 5 Fruit Juice Chilled Milk
Go Fast Breakfast 8 Complete with - Cinnamon Toasters Assorted Waffle Snaps & Fruit Juice Chilled Milk	Waffle Stix w/Syrup 9 Scramble Egg Fruit Juice Chilled Milk	Grits 10 Scrambled Eggs Toast Fruit Juice Chilled Milk	Assorted Cereal w/ 11 Grilled Cheese Sandwich Fruit Juice Chilled Milk	Breakfast Pizza 12 Fruit Juice Chilled Milk
15 <i>President's Day Holiday</i>	Jump Start Blue - 16 Frosted Flakes Jump Start Red - Froot Loop Chilled Milk	Grits 17 Scrambled Eggs Toast Fruit Juice Chilled Milk	Sausage Pancake on 18 Stix/w/Syrup Scramble Egg Fruit Juice Chilled Milk	Chicken & Biscuit 19 Fruit Juice Chilled Milk
Go Fast Breakfast 22 Complete with - Cinnamon Toasters Assorted Waffle Snaps & Fruit Juice Chilled Milk	Waffle Stix w/Syrup 23 Scramble Egg Fruit Juice Chilled Milk	Grits 24 Scrambled Eggs Toast Fruit Juice Chilled Milk	Assorted Cereal w/ 25 Grilled Cheese Sandwich Fruit Juice Chilled Milk	Breakfast Pizza 26 Fruit Juice Chilled Milk

Guess What?

Your heart can beat up to 40,000,000 times per year!
 Roller-skating involves all of the body's muscles, especially the heart, and provides
 a complete aerobic workout.

Announcements

Free & Reduced
 Applications are
 available for the
 2009-2010 school year
 For more info. call
 792-6523 or
 792-6503

MEAL PAY PLUS
 Parents can now go online a make
 a prepayment to your student(s)
 meal account using a check, credit
 card, or debit card at
www.mealpayplus.com or by
 calling 866-727-3508.
 You will need the student's school
 pin number.
 For more information call:
 792-6523 or 792-6503

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