

LYCÉE FRANÇAIS DE LA NOUVELLE-ORLÉANS

Lycée Français Breakfast Menu February 2019



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 1 February 1st					1 ● Muffin Squares ● Assorted Fresh Fruit ● Assorted Milk	
WEEK 2 February 4 - 8	4 ● Whole Grain Cinnamon Roll ● Assorted Fresh Fruit ● Assorted Milk	5 ● Turkey Sausage Breakfast Sandwich ● Assorted Fresh Fruit ● Assorted Milk ● Assorted Non-Fat Jelly	6 ● Greek Yogurt & Granola ● Assorted Fresh Fruit ● Assorted Milk	7 ● Turkey & Cheese Melt ● Assorted Fresh Fruit ● Assorted Milk ● Assorted Jelly	8 ● Whole Grain Waffles w/ Syrup ● Assorted Fresh Fruit ● Assorted Milk	
WEEK 3 February 11-15	11 ● Greek Yogurt & Granola ● Assorted Fresh Fruit ● Assorted Milk	12 ● Scrambled Eggs ● Whole Grain Toast ● Assorted Fresh Fruit ● Assorted Milk	13 ● Whole Grain Waffles w/ Syrup ● Assorted Fresh Fruit ● Assorted Milk	14 ● Turkey Sausage Breakfast Sandwich ● Assorted Fresh Fruit ● Assorted Milk ● Assorted Jelly	15 ● Whole Grain Cinnamon Roll ● Assorted Fresh Fruit ● Assorted Milk	
WEEK 4 February 18 – 22	18 ● Cereal & Toast ● Assorted Fresh Fruit ● Assorted Milk	19 ● Vegetable Frittata ● Whole Grain Toast ● Assorted Fresh Fruit ● Assorted Milk	20 ● French Toast w/ Maple Syrup ● Assorted Fresh Fruit ● Assorted Milk ● Maple Syrup	21 ● Turkey Sausage Breakfast Sandwich ● Assorted Fresh Fruit ● Assorted Milk ● Assorted Jelly	22 ● Oatmeal Muffin Squares ● Assorted Fresh Fruit ● Assorted Milk	
Week 5 February 25-28	25 ● Greek Yogurt & Granola ● Assorted Fresh Fruit ● Assorted Milk	26 ● Breakfast Burrito ● Assorted Fresh Fruit ● Assorted Milk	27 ● Whole Grain Pancakes ● Assorted Fresh Fruit ● Assorted Milk ● Maple Syrup	28 Happy	Mardi Gras!	



Eat Fit NOLA options meet the nutritional criteria designed by Ochsner Health System. Download the Free Eat Fit App and look for Lycee in Eat Fit Schools Section for full nutrition facts.

*This Institution is an equal opportunity provider.