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Freedom High School

BREAKFAST



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Nutrition Tip: Ready-to-eat cereal consumption encourages milk consumption. In children, at least 76% of cereal is consumed with milk. Reference: NHANES 13-14



Monday

Coffee Cake

3

Tuesday

Chocolate Muffin

4

Wednesday

Bagel w/cream cheese

5

Thursday

French Toast Sticks

6

Friday

Breakfast Bun

7

Coffee Cake

10

Chocolate Muffin

11

Bagel w/cream cheese

12

French Toast Sticks

13

HOLIDAY

14

HOLIDAY

17

Chocolate Muffin

18

Bagel w/cream cheese

19

French Toast Sticks

20

Glazed Donut

21

Coffee Cake

24

Chocolate Muffin

25

Bagel w/cream cheese

26

French Toast Sticks

27

Glazed Donut

28



Additional choices available daily: yogurt + granola, cold cereal such as Cheerios, Cinnamon toasters, and more!

