



## Westport Middle Schools Breakfast FEB 2017

Monday	Tuesday	Wednesday	Thursday	Friday
Alternate options available daily for ala carte Breakfast: Cereal Cups, Mozzarella Cheesesticks, Muffins, Bagels, Fruit & Yogurt Parfaits, Fresh Fruit Cups & Breakfast Bars				
		1	2	3
		Assorted Cereal Cup w/Fresh Fruit, Milk & Cheese stick	Assorted Muffin with Fresh Fruit and Yogurt Cup	Assorted Bagel w/ Cream Cheese and Fresh Fruit
6	7	8	9	10
Yogurt Parfait with Fruit, Cereal & Graham Crackers	Assorted Cereal with Fresh Fruit, Milk & Cheese stick	Assorted Muffin with Fresh Fruit and Yogurt Cup	Assorted Bagel w/ Cream Cheese and Fresh Fruit	Assorted Cereal w/Fresh Fruit, Milk & Cheese stick
13	14	15	16	17
Assorted Bagel w/ Cream Cheese and Fresh Fruit	Assorted Muffin with Fresh Fruit and Yogurt Cup	Assorted Bagel w/ Cream Cheese and Fresh Fruit	Yogurt Parfait with Fruit, Cereal & Graham Crackers	Café Closed Staff Development Day
20	21	22	23	24
Café Closed President's Day	Café Closed February Recess	Café Closed February Recess	Café Closed February Recess	Café Closed February Recess
27	28			
Yogurt Parfait with Fruit, Cereal & Graham Crackers	Assorted Muffin with Fresh Fruit and Yogurt Cup			

### MONTHLY FOOD FOCUS: Dark Leafy Greens

Herbs and Spices - Herbs and Spices can be found in fresh and dry form. Dry spices have a long shelf life, meaning they can last a long time. Whole spices like peppercorn or celery seed will stay fresh for about 4 years, ground spices like tumeric, garlic powder or ginger last about 2 to 3 years. Dried herbs like oregano and thyme can last 1 to 3 years.

### Have Questions?

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