

2025

FEBRUARY

B.I.C. 1: BEMIS, CURTIS, DOLLAHAN, DUNN, FITZGERALD, GARCIA, HUGHBANKS, MORRIS, PRESTON, WERNER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3

Mini Cinni's
Craisins

4

Pop-Tarts
Orange Juice

5

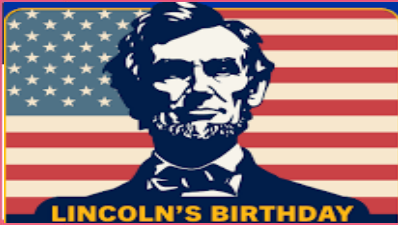
Super Donut
Apple Strawberry
Crisps

6

Mini Confetti
Pancakes
Sliced Apples

7

Chunky Monkey Bar
Grapes



LINCOLN'S BIRTHDAY

11

Double Chocolate
Chip Bar
Grapes

12

Breakfast Cluster
Bananas

13

Maple Pancake &
Chicken Sausage
Sandwich
Sliced Apples

14

Pink Concha
Apple Juice



HAPPY PRESIDENT DAY

18

French Toast Bar
Grapes

19

Chocolate Muffin
Apple-Strawberry
Crisps

20

Honey Scooter's
Sliced Apples

21

Homemade Banana
Bread
Orange Juice

24

Fresh Cinnamon
Swirls
Craisins

25

Oatmeal Chocolate
Chip Bar
Grapes

26

Fun Fruti Waffle
Bananas

27

Ultimate Breakfast
Round
Sliced Apples

28

White Concha
Apple Juice

The **3** types of omega-3 fats:

1. **ALA** – the most commonly found in seeds and nuts.
2. **EPA** – the most commonly found in animal products.
3. **DHA** – the most **IMPORTANT** omega-3 fat.

Fun Facts!



Omega 3-Fats are essential for **learning & memory.**



Eat some fish before your next test!