

**Health • e  
LIVING**



Fairview Breakfast

# February 2019

## In Season Broccoli

Broccoli shares cancer fighting, immune boosting properties.

Broccoli contains high levels of both calcium and vitamin k, both of which are important for bone health and prevention of osteoporosis



**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

Cinnamon Dutch Waffle **1**

**4**  
Bacon, Egg and cheese biscuit

**5**  
Cinnamon French Toast

**6**  
Breakfast Platter

**7**  
Mini pancake wraps

**8**  
Cinnamon Dutch Waffle

**11**  
Bacon, Egg and cheese biscuit

**12**  
Cinnamon French Toast

**13**  
Breakfast Platter

**14**  
Mini pancake wraps

**15**  
Cinnamon Dutch Waffle

**18**  
NO SCHOOL

**19**  
Cinnamon French Toast

**20**  
Breakfast Platter

**21**  
Mini pancake wraps

**22**  
Cinnamon Dutch Waffle

**25**  
Bacon, Egg and cheese biscuit

**26**  
Cinnamon French Toast

**27**  
Breakfast Platter

**28**  
Mini pancake wraps

### Announcements

#### Daily Breakfast options:

- Cereal
- Oatmeal
- Yogurt parfait
- Grab & go breakfast bags

### Meal Prices

Students:  
\$1.55

Adults:  
\$2.15