

2025

FEBRUARY

B.I.C. 2: BOYD, CASEY, HENRY, KELLEY, KORDYAK, MORGAN, MYERS, SIMPSON, TRAPP

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

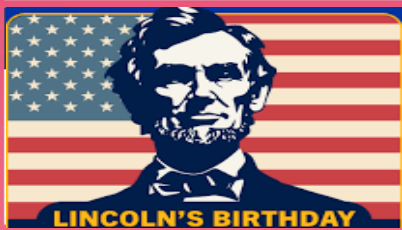
3
French Toast Bar
Craisins

4
Pop-Tarts
Orange Juice

5
Mini Confetti Pancakes
Apple Strawberry
Crisps

6
Super Donut
Sliced Apples

7
Chunky Monkey Bar
Grapes



11
Mini Cinni's
Grapes

12
Maple Pancake & Chicken Sausage Sandwich
Bananas

13
Breakfast Cluster
Sliced Apples

14
Pink Concha
Apple Juice
HAPPY Valentine's DAY



18
Double Chocolate Chip Bar
Grapes

19
Chocolate Muffin
Apple-Strawberry
Crisps

20
Honey Scooter's
Sliced Apples

21
Homemade Banana Bread
Orange Juice

24
Oatmeal Chocolate Chip Bar
Craisins

25
Fresh Cinnamon Swirls
Grapes

26
Ultimate Breakfast Round
Bananas

27
Fun Fruti Waffle
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!