### February 3 - A
- A. Cereal & String Cheese
- B. Country Bread
- C. French Toast Benefit Bar
- D. Cinnamon Toast Crunch bar

### February 4 - B
- A. Cereal & Yogurt
- B. Oatmeal Cinnamon Bun
- C. Cinnamon Toast Crunch Pastry
- D. French Toast Sticks & Sausage Links

### February 5 - C
- A. Cinnamon Toast Crunch Pastry
- B. Apple Jacks Pouch & String Cheese
- C. French Toast Sticks & Sausage Links
- D. French Toast Sticks & Sausage Links

### February 6 - D
- A. Mini Pancakes
- B. Cinnamon Toast Crunch Bar & Yogurt
- C. Mini Pancakes
- D. Mini Pancakes

### February 7 - A
- A. Cereal & String Cheese
- B. Oatmeal Cinnamon Bun
- C. Mini Pancakes
- D. Mini Pancakes

### February 8 - B
- A. Cereal & Yogurt
- B. Oatmeal Cinnamon Bun
- C. Cinnamon Toast Crunch Pastry
- D. French Toast Sticks & Sausage Links

### February 9 - C
- A. Mini Pancakes
- B. Cinnamon Toast Crunch Bar & Yogurt
- C. Mini Pancakes
- D. Mini Pancakes

### February 10 - E
- A. Cereal & String Cheese
- B. Oatmeal Cinnamon Bun
- C. Mini Pancakes
- D. Mini Pancakes

### February 11 - A
- A. Cereal & Yogurt
- B. Oatmeal Cinnamon Bun
- C. Cinnamon Toast Crunch Pastry
- D. French Toast Sticks & Sausage Links

### February 12 - B
- A. Cereal & Yogurt
- B. Oatmeal Cinnamon Bun
- C. Cinnamon Toast Crunch Pastry
- D. French Toast Sticks & Sausage Links

### February 13 - E
- A. Cereal & String Cheese
- B. Country Bread
- C. French Toast Benefit Bar
- D. Cinnamon Toast Crunch bar

### No School PRESIDENTS DAY
- A. Cereal & String Cheese
- B. Oatmeal Cinnamon Bun
- C. Mini Pancakes
- D. Mini Pancakes

### February 14 - A
- A. Cereal & Yogurt
- B. Oatmeal Cinnamon Bun
- C. Cinnamon Toast Crunch Pastry
- D. French Toast Sticks & Sausage Links

### February 15 - B
- A. Cereal & Yogurt
- B. Oatmeal Cinnamon Bun
- C. Cinnamon Toast Crunch Pastry
- D. French Toast Sticks & Sausage Links

### No School PRESIDENTS DAY
- A. Cereal & String Cheese
- B. Country Bread
- C. French Toast Benefit Bar
- D. Cinnamon Toast Crunch bar

### February 16 - C
- A. Cereal & Yogurt
- B. Oatmeal Cinnamon Bun
- C. Mini Pancakes
- D. Mini Pancakes

### February 17 - D
- A. Cereal & Yogurt
- B. Oatmeal Cinnamon Bun
- C. Mini Pancakes
- D. Mini Pancakes

### No School PRESIDENTS DAY
- A. Cereal & String Cheese
- B. Country Bread
- C. French Toast Benefit Bar
- D. Cinnamon Toast Crunch bar

### February 18 - C
- A. Cereal & Yogurt
- B. Oatmeal Cinnamon Bun
- C. Mini Pancakes
- D. Mini Pancakes

### February 19 - D
- A. Cereal & Yogurt
- B. Oatmeal Cinnamon Bun
- C. Mini Pancakes
- D. Mini Pancakes

### February 20 - E
- A. Cereal & Yogurt
- B. Oatmeal Cinnamon Bun
- C. Mini Pancakes
- D. Mini Pancakes

### No School PRESIDENTS DAY
- A. Cereal & String Cheese
- B. Country Bread
- C. French Toast Benefit Bar
- D. Cinnamon Toast Crunch bar

### February 21 - A
- A. Cereal & Yogurt
- B. Oatmeal Cinnamon Bun
- C. Mini Pancakes
- D. Mini Pancakes

### February 22 - B
- A. Cereal & Yogurt
- B. Oatmeal Cinnamon Bun
- C. Mini Pancakes
- D. Mini Pancakes

### February 23 - C
- A. Cereal & Yogurt
- B. Oatmeal Cinnamon Bun
- C. Mini Pancakes
- D. Mini Pancakes

### February 24 - B
- A. Cereal & Yogurt
- B. Oatmeal Cinnamon Bun
- C. Mini Pancakes
- D. Mini Pancakes

### February 25 - C
- A. Cereal & Yogurt
- B. Oatmeal Cinnamon Bun
- C. Mini Pancakes
- D. Mini Pancakes

### February 26 - D
- A. Cereal & Yogurt
- B. Oatmeal Cinnamon Bun
- C. Mini Pancakes
- D. Mini Pancakes

### February 27 - E
- A. Cereal & Yogurt
- B. Oatmeal Cinnamon Bun
- C. Mini Pancakes
- D. Mini Pancakes

### No School PRESIDENTS DAY
- A. Cereal & String Cheese
- B. Country Bread
- C. French Toast Benefit Bar
- D. Cinnamon Toast Crunch bar

### February 28 - A
- A. Cereal & Yogurt
- B. Oatmeal Cinnamon Bun
- C. Mini Pancakes
- D. Mini Pancakes

### February 29 - B
- A. Cereal & Yogurt
- B. Oatmeal Cinnamon Bun
- C. Mini Pancakes
- D. Mini Pancakes

### February 30 - C
- A. Cereal & Yogurt
- B. Oatmeal Cinnamon Bun
- C. Mini Pancakes
- D. Mini Pancakes

### February 31 - D
- A. Cereal & Yogurt
- B. Oatmeal Cinnamon Bun
- C. Mini Pancakes
- D. Mini Pancakes
Go Red on National Wear Red Day®

In 2003, the American Heart Association took action against Heart Disease by creating National Wear Red Day. Tremendous strides have been made but heart disease is still at the top of the list of health threats for women, above accidents and all forms of cancer combined.

Family history, sleep patterns and eating and exercise habits are just a few of the factors that raise a woman’s risk for heart disease. But the good news is, 80% of heart attacks can be prevented or treated, if women learn about what puts them at risk and take action toward fighting it. Here’s how you can take action-

- Live a heart-healthy lifestyle.
- Know your numbers and risk level.
- Learn the warning signs of a heart attack.
- Educate others about this disease
- Donate to the American Heart Association for life saving research.

On National Wear Red Day on Friday, February 7, 2020, wear something red to show your support for women with heart disease. Wear a red dress, red shirt, red tie, red shoes, red lipstick, red nail polish, carry a red handbag… just wear something RED!

Did you eat breakfast this morning?
Don’t think you have time?
Give School Breakfast a Try Today!

School Breakfast Information

Elementary Price: $1.35, $.30 reduced*, free* ("if qualified)
Secondary Price: $1.60, $.30 reduced*, free* ("if qualified)

All students are welcome every day!
Breakfast: Boost Your Brainpower!

Café 233 Job Openings
Check out our current openings at CafeJobs.OlatheSchools.com, and click on the ‘Employment Application’ link.

Do you have a food allergy? Do you need to know how many carbohydrates are in a food item?
Check out our website for ingredient labels and nutrition facts. http://www.olatheschools.org/cafe233

February 2020

Breakfast & Lunch

Café 233

Olathe Public Schools Food Services

Do you have a question for Café 233?
Visit our website at www.olatheschools.org/cafe233

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Do you have a food allergy? Do you need to know how many carbohydrates are in a food item?
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