

Echo Alternative School & S.T.A.R. Quest Academy

Monday

Tuesday

Wednesday

Thursday

Friday

Choice Daily: **5**
 2 Pop tarts **OR**
 Choice of 2 Assorted Breakfast Bar
OR
 Choice of 2 Snack Crackers

Choice Daily:
 Applesauce or Fresh Fruit

Choice Daily: **6**
 2 Asst Muffins
OR
 2 Pieces WGR Toast

Choice Daily:
 Applesauce or Fresh Fruit

Choice Daily: **7**
 1 Peanut butter & Jelly Sandwich
OR
 Choice of 2 Assorted Cereal

Choice Daily:
 Applesauce or Fresh Fruit

Choice Daily: **1**
 2 Asst Muffins
OR
 2 Pieces WGR Toast

Choice Daily:
 Applesauce or Fresh Fruit

Choice Daily: **2**
 2 Asst Muffins **OR**
 Frudel/Bagel Bite **OR**
 Peanut Butter & Jelly Sandwich

Choice Daily:
 Applesauce or Fresh Fruit

GROUNDHOG DAY 

Choice Daily: **12**
 2 Pop tarts **OR**
 Choice of 2 Assorted Breakfast Bar
OR
 Choice of Snack Crackers

Choice Daily:
 Applesauce or Fresh Fruit

Choice Daily: **13**
 1 Peanut butter & Jelly Sandwich
OR
 Choice of 2 Assorted Cereal

Choice Daily:
 Applesauce or Fresh Fruit

Choice Daily: **14**
 Strawberry bagel bite or Apple Frudel
OR
 Choice of 2 Assorted Breakfast Bars

Choice Daily:
 Applesauce or Fresh Fruit

Choice Daily: **15**
 2 Asst Muffins
OR
 2 Pieces WGR Toast

Choice Daily:
 Applesauce or Fresh Fruit

Choice Daily: **16**
 2 Asst Muffins **OR**
 Frudel/Bagel Bite **OR**
 Peanut Butter & Jelly Sandwich

Choice Daily:
 Applesauce or Fresh Fruit

1/ Day Attendance

 **19**

Choice Daily: **20**
 2 Asst Muffins
OR
 2 Pieces WGR Toast

Choice Daily:
 Applesauce or Fresh Fruit

Choice Daily: **21**
 1 Peanut butter & Jelly Sandwich
OR
 Choice of 2 Assorted Cereal

Choice Daily:
 Applesauce or Fresh Fruit

Choice Daily: **22**
 Strawberry bagel bite/Apple Frudel
OR
 Choice of 2 Assorted Breakfast Bars

Choice Daily:
 Applesauce or Fresh Fruit

Choice Daily: **23**
 2 Asst Muffins **OR**
 Frudel/Bagel Bite **OR**
 Peanut Butter & Jelly Sandwich

Choice Daily:
 Applesauce or Fresh Fruit

Choice Daily: **26**
 2 Pop tarts **OR**
 Choice of 2 Assorted Breakfast Bar
OR
 Choice of 2 Snack Crackers

Choice Daily:
 Applesauce or Fresh Fruit

Choice Daily: **27**
 1 Peanut butter & Jelly Sandwich
OR
 Choice of 2 Assorted Cereal

Choice Daily:
 Applesauce or Fresh Fruit

Choice Daily: **28**
 Strawberry bagel bite or Apple Frudel
OR
 Choice of 2 Assorted Breakfast Bars

Choice Daily:
 Applesauce or Fresh Fruit

Choice Daily: **29**
 2 Asst Muffins
OR
 2 Pieces WGR Toast

Choice Daily:
 Applesauce or Fresh Fruit

