

September 2017

BREAKFAST



Breakfast = \$1.75 students
\$2.00 adults
Cold cereal choice daily



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

Tuesday

Wednesday

Thursday

Friday



French toast
Sausage or ham

1

NO SCHOOL TODAY

4

Toaster Strudel
Yogurt

5

Baked oatmeal
Or Bagels

6

Cheesy scrambled eggs
with bacon
Toast

7

Parfait with fruit,
yogurt & Granola

8

Pop tarts
Yogurt

11

Muffins
yogurt

12

Pancake on a stick

13

Cinnamon Texas toast

14

Breakfast burrito
salsa

15

Toaster strudels
Yogurt

18

Hash browns
Sausage

19

Chocolate or Raspberry
Crescents
Yogurt

20

Smoothie or
bagel with cream cheese

21

Banana bread or
Muffins

22

Pop tarts
Yogurt

25

French toast sticks

26

Breakfast Pizza

27

Pumpkin Muffins

28

Cheesy scrambled egg
Toast

29