

October 2018

MERIT ACADEMY

BREAKFAST



This institution is an equal opportunity provider.



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

Pop tart
Yogurt
Cereal
Juice / Milk

1

Hash brown
Toast / Sausage Links
Cereal
Milk / Juice

2

English Muffin Sandwich
Cereal
Milk
Juice

3

Muffin Variety
Yogurt Variety
Cereal
Milk / Juice

4

Breakfast Cookie
Yogurt Variety
Cereal
Milk / Juice

5

Pop tart
Yogurt
Cereal
Juice / Milk

8

Parfait
Cereal
Milk
Juice

9

Breakfast Burrito
Cereal
Milk
Juice

10

Pancake on a stick
Cereal
Milk
Juice

11

Bagels Variety
Cream Cheese
Cereal
Milk / Juice

12

Pop tart
Yogurt
Cereal
Juice / Milk

15

English Muffin Sandwich
Cereal
Milk
Juice

16

NO SCHOOL TODAY!

17

NO SCHOOL TODAY!

18

NO SCHOOL TODAY!

19

Pop tart
Yogurt
Cereal
Juice / Milk

22

Parfait
Cereal
Milk
Juice

23

Breakfast Pizza
Cereal
Milk
Juice

24

French Toast Sticks
Cereal
Milk
Juice

25

Muffin Variety
Yogurt
Cereal
Milk / Juice

26

Pop tart
Yogurt
Cereal
Juice / Milk

29

Pancakes
Cereal
Milk
Juice

30

Hash brown
Toast / Sausage Links
Cereal
Milk / Juice

31

