

October 2017

Wake Up Ell-Saline, Breakfast is ready!

BREAKFAST



School Information:

Breakfast served every morning at Ell-Saline.
Check it out! Fuel your Brain for Learning!



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

French Toast Sticks
w/ Syrup
Orange Halves
Juice & Milk Choice

2

Tuesday

Whole Grain Cereal
Yogurt Cup
Banana
Juice & Milk Choice

3

Wednesday

Biscuit & Cream Gravy
Diced Peaches
Juice & Milk Choice

4

Thursday

Whole Wheat Bagel
with Toppings
Fresh Grapes
Juice & Milk Choice

5

Friday

WG Cereal
WG Granola Bar
Apple Halves
Juice & Milk Choice

6

Pop tart & WG Cereal
Pineapple Tidbits
Juice & Milk Choice

9

Whole Grain Muffin
Whole Grain Cereal
Banana
Juice & Milk Choice

10

Excellent Egg Taco
Tomato Salsa
Tropical Fruit
Juice & Milk Choice

11

WG Breakfast Pizza
Orange Halves
Juice & Milk Choice

12

Mini Waffles
w/ syrup
Apple Halves
Juice & Milk Choice

13

Whole Grain Cereal
Sausage Patty
Orange Halves
Juice & Milk Choice

16

Chicken on a Biscuit
Apple Halves
Juice & Milk Choice

17

No School Today

18

No School Today

19

No School Today

20

Pancake/Sausage Stick
w/Syrup
Orange Halves
Juice & Milk Choice

23

Whole Grain Muffin
Whole Grain Cereal
Banana
Juice & Milk Choice

24

Sausage Biscuit Sandwich
Tropical Fruit
Juice & Milk

25

Biscuit & Cream Gravy
Fruit Cocktail
Juice & Milk Choice

26

Whole Grain Cereal
String Cheese
Apple Halves
Juice & Milk Choice

27

No School
Teacher In-Service

30

Happy Halloween

WG Cereal
Yogurt Cup , Fresh Orange
Juice & Milk Choice

31

11/1 Cinnamon Roll
WG Cereal
Apple Halves
Juice & Milk

