

September 2017

Good Morning Ell-Saline!!

BREAKFAST



School Information:

Apple Juice or Orange Juice.
Chocolate Skim, 1% White and White Skim
Milk are served at Breakfast.



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



No School Today **4**
Labor Day

WG Cereal **5**
Yogurt Cup
Banana, Fruit Juice
Milk Choice

Whole Wheat Bagel **6**
Cream Cheese Topping
Fresh Strawberries
Juice & Milk Choice

French Toast Sticks **7**
Orange Halves
Fruit Juice
Milk Choice

Mini Waffles/Syrup **1**
Orange Slices
Juice Choice
Milk Choice

Cereal **11**
Cheese Stick
Fresh Orange
Fruit Juice, Milk Choice

Pancake On a Stick **12**
Syrup
Fruit Cocktail
Fruit Juice, Milk Choice

Biscuit and Gravy **13**
Fresh Banana
Fruit Juice
Milk Choice

WG Muffin **14**
Tropical Fruit
Fruit Juice
Milk Choice

Sausage Sandwich **15**
Pineapple Chunks
Fruit Juice
Milk Choice

Chicken Biscuit **18**
Fresh Apple Halves
Fruit Juice
Milk Choice

Granola Bar **19**
WG Cereal
Banana Halves
Fruit Juice, Milk Choice

WG Cereal **20**
Sausage Patty
Diced Pears
Fruit Juice, Milk Choice

Cinnamon Roll **21**
Tropical Fruit
Fruit Juice
Milk Choice

Pancake on a Stick **22**
Fresh Orange Halves
Fruit Juice,
Milk Choice

No School Today **25**
Teachers In Service

Breakfast Pizza **26**
Fresh Banana
Fruit Juice
Milk Choice

Egg Taco with Salsa **27**
Graham Snacks
Orange Halves
Fruit Juice, Milk Choice

Mini Waffles **28**
With Syrup
Diced Peaches
Fruit Juice, Milk Choice

WG Muffin **29**
Apple Sauce
Fruit Juice
Milk Choice