

# September 2018

## Good Morning Ell-Saline

### BREAKFAST

#### School Information:

Fruit Juice Choice- Apple or Orange  
Milk Choice- Skim White, Skim Chocolate, 1% White  
WG Cereal Choices- Lucky Charms, Cinnamon Toast Crunch, Cocoa Puffs, Cheerio's,



**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

Labor Day  
No School Today

3

### Tuesday

Whole Grain Cereal  
Yogurt Cup  
Banana,  
Fruit Juice Choice  
Milk Choice

4

### Wednesday

Whole Grain Bagel  
Cream Cheese cup  
Apple Quarters  
Fruit Juice Choice  
Milk Choice

5

### Thursday

Mini Waffles  
Syrup cup  
Orange Halves  
Fruit Juice Choice  
Milk Choice

6

### Friday

Breakfast Pizza  
Pineapple tidbits  
Fruit Juice Choice  
Milk Choice

7

WG Cereal  
Cheese Stick  
Fresh Orange halves  
Fruit Juice choice  
Milk Choice

10

Pancake on a Stick  
Syrup cup  
Diced Peaches  
Fruit Juice Choice  
Milk Choice

11

WG Cereal  
Sausage Patty  
Watermelon  
Fruit Juice Choice  
Milk Choice

12

WG Muffin  
Banana  
Fruit Juice choice  
Milk Choice

13

Sausage Biscuit Sandwich  
Grapes  
Fruit Juice Choice  
Milk Choice

14

Chicken Biscuit  
Apple Halves  
Fruit Juice Choice  
Milk Choice

17

WG Cinnamon Roll  
Apple Quarters  
Fruit Juice Choice  
Milk Choice

18

WG Cereal  
Yogurt Cup  
Banana  
Fruit Juice Choice  
Milk Choice

19

WG CEREAL  
SAUSAGE PATTY  
DICED PEARS  
FRUIT JUICE CHOICE  
MILK CHOICE

20

PANCAKE ON A STICK  
SYRUP CUP  
APPLE QUARTERS  
FRUIT JUICE CHOICE  
MILK CHOICE

21

NO SCHOOL TODAY  
TEACHER IN SERVICE

24

Breakfast Pizza  
Banana  
Fruit Juice Choice  
Milk Choice

25

Egg Taco  
Graham Snacks  
Fruit Juice Choice  
Milk Choice

26

Mini Waffles  
Syrup cup  
Orange halves  
Fruit Juice Choice  
Milk Choice

27

WG Muffin  
Apple Sauce  
Fruit Juice Choice  
Milk Choice

28

