

# October 2019

## Good Morning Ell-Saline

### BREAKFAST



#### School Information:

Fruit Juice Choices- Apple or Orange  
Milk Choices- Skim Chocolate or 1% White  
Enjoy Your Day!



**Nutrition Tip:** Start with breakfast. Eat a breakfast that helps you meet your food group needs. People who skip breakfast often weigh more. Eating a nutrient-dense breakfast may help you lose weight and keep it off  
Reference: USDA MyPlate



### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

Whole Grain Cereal  
String Cheese  
Apple Quarters  
Fruit Juice Choice  
Milk Choice

7

Pancake on a Stick  
Syrup Cup  
Banana  
Fruit Juice Choice  
Milk Choice

8

Biscuit & Gravy  
Fruit Cocktail  
Fruit Juice Choice  
Milk Choice

9

Whole Grain Cereal  
Whole Grain Muffin  
Banana  
Fruit Juice Choice  
Milk Choice

10

Sausage Sandwich  
Tropical Fruit  
Fruit Juice Choice  
Milk Choice

11

Whole Grain Cereal  
Sausage Patty  
Apple Quarters  
Fruit Juice Choice  
Milk Choice

14

Whole Grain Cereal  
Yogurt Cup  
Banana  
Fruit Juice Choice  
Milk Choice

15

French Toast Stick  
Syrup Cup  
Orange Halves  
Fruit Juice Choice  
Milk Choice

16

Breakfast Pizza  
Diced Peaches  
Fruit Juice Choice  
Milk Choice

17

No School Today  
  
Teacher Work Day

18

Whole Grain Cereal  
String Cheese  
Apple Quarters  
Fruit Juice Choice  
Milk Choice

21

WG Cinnamon Roll  
Orange Halves  
Fruit Juice Choice  
Milk Choice

22

No School Today  
  
Parent Teacher Conferences

23

No School Today  
  
Parent Teacher Conferences

24

No School Today

25

Whole Grain Cereal  
Sausage Patty  
Fruit Cocktail  
Fruit Juice Choice  
Milk Choice

28

Whole Grain Bagel  
Cream Cheese Cup  
Banana  
Fruit Juice Choice  
Milk Choice

29

Pancake On A Stick  
Syrup Cup  
Orange Halves  
Fruit Juice Choice  
Milk Choice

30

Breakfast Pizza  
Diced Pineapple  
Fruit Juice Choice  
Milk Choice

31

