



Parent Information:

Please review Breakfast choices with your student, this helps them make wise choice



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

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Tuesday

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Wednesday

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Thursday

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Friday

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WG = Whole Grain
Fruit Juice Choices -
Apple or Orange

Milk Choice – Breakfast
White Skim
Chocolate Skim
White 1%

Milk Choice –Lunch
White Skim
Chocolate Skim
White 1%
Wednesdays-
Strawberry Skim

Ell-Saline Is an equal
Opportunity employer

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Welcome Back to School
WG Cereal
Pop tart
Orange Halves
Fruit Juice
Milk Choice

WG Cereal
Sausage Patty
Peaches
Fruit Juice
Milk Choice

French Toast Sticks w/Syrup
Apple Quarters
Fruit Juice
Milk Choice

Whole Grain Cereal
String Cheese
Banana
Fruit Juice Choice
Milk Choice

29

Pancake on a Stick
Fruit Cocktail
Fruit Juice Choice
Milk Choice

30

Biscuit & Gravy
Orange Halves
Fruit Juice Choice
Milk Choice

31

