

# October 2016

## Wake Up Ell-Saline Breakfast is Ready!!

### BREAKFAST



#### School Information:

Milk Choices- Skim White, 1% White  
Skim Chocolate  
Juice Choices- Apple or Orange



#### 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

Whole Grain Cereal **3**  
Sausage Patty  
Diced Pears  
Fruit Juice, Milk Choice

French Toast Sticks **10**  
with Syrup,  
Mandarin Oranges  
Fruit Juice, Milk Choice

Whole Grain Cereal **17**  
Yogurt Cup  
Fresh Orange  
Fruit Juice, Milk Choice

WG Cinnamon Roll **24**  
Fresh Orange  
Fruit Juice Choice  
Milk Choice

NO SCHOOL TODAY! **31**  
TEACHER IN SERVICE

### Tuesday

Biscuit & Cream Gravy **4**  
Banana  
Fruit Juice  
Milk Choice

Whole Grain Bagel **11**  
Cream Cheese topping  
Banana  
Fruit Juice, Milk Choice

Mini Waffles w/Syrup **18**  
Banana  
Fruit Juice Choice  
Milk Choice

Pancakes w/Syrup **25**  
Sausage Patty  
Tropical Fruit  
Juice Choice, Milk Choice



### Wednesday

Cherry Strudel **5**  
Tropical Fruit  
Fruit Juice  
Milk Choice

Oatmeal Round **12**  
Yogurt Cup  
Fresh Grapes  
Fruit Juice, Milk Choice

Breakfast Pizza **19**  
Diced Peaches  
Fruit Juice Choice  
Milk Choice

Whole Wheat Bagel **26**  
Cream Cheese Topping  
Banana  
Juice Choice, Milk Choice



### Thursday

Chicken Breakfast Sand **6**  
Fresh Orange  
Fruit Juice  
Milk Choice

Breakfast Pizza **13**  
Pineapple Tidbits  
Fruit Juice  
Milk Choice

Whole Grain Muffin **20**  
Rosy Applesauce  
Fruit Juice Choice  
Milk Choice

Mini Waffles w/Syrup **27**  
Fruit Cocktail  
Fruit Juice Choice  
Milk Choice



### Friday

Pancake On A Stick **7**  
Fresh Apple Halves  
Fruit Juice  
Milk Choice

WG Cinnamon Roll **14**  
Fresh Apple Halves  
Fruit Juice  
Milk Choice

Omelet Quesadilla **21**  
Tomato Salsa  
Fresh Apple  
Fruit Juice, Milk Choice

NO SCHOOL TODAY! **28**  
TEACHER WORK DAY