

September 2016

Good Morning Ell-Saline!

BREAKFAST



School Information:

Breakfast Prices- Elem- \$1.65
MS/HS- 1.75
Reduced-.30



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



A Good Start to Your School Day is - Breakfast!



Whole Grain Cereal
Whole Grain Muffin
Pineapple Tidbits
Fruit Juice
Milk Choice

Whole Grain Cereal
Yogurt Cup
Fresh Apple
Fruit Juice
Milk Choice

Labor Day
No School Today

5

Breakfast Pizza
Banana
Fruit Juice
Milk Choice

6

Mini Waffles w/Syrup
Orange Halves
Fruit Juice
Milk Choice

7

Whole Cinnamon Roll
Apple Sauce
Fruit Juice
Milk Choice

8

Whole Grain Mini Loaf
Diced Peaches
Fruit Juice
Milk Choice

9

Whole Grain Cereal
String Cheese
Orange Halves
Fruit Juice
Milk Choice

12

Oatmeal Round
Yogurt Cup
Banana
Fruit Juice
Milk Choice

13

Whole Wheat Bagel
w/cream cheese
Apple Halves
Fruit Juice
Milk Choice

14

Whole grain Cereal
Whole grain Muffin
Fruit Cocktail
Fruit Juice
Milk Choice

15

Breakfast Pizza
Diced Peaches
Fruit Juice
Milk Choice

16

Pancake on a Stick
Fruit Cocktail
Fruit Juice
Milk Choice

19

Biscuit & Gravy
Banana
Fruit Juice
Milk Choice

20

Whole Grain Cereal
String Cheese
Orange Halves
Fruit Juice
Milk Choice

21

Sausage Sandwich
Pineapple Tidbits
Fruit Juice
Milk Choice

22

Whole Grain Mini Loaf
Apple Halves
Fruit Juice
Milk Choice

23

Breakfast Pizza
Diced Peaches
Fruit Juice
Milk Choice

26

WG Cinnamon Roll
Banana
Fruit Juice Choice
Milk Choice

27

French Toast Sticks
With syrup
Orange Halves
Fruit Juice
Milk Choice

28

No School Today
Parent/Teacher Conf.
4:15pm-8:15pm

29

No School Today
Enjoy Your day!

30