

# BREAKFAST

IS FOR CHAMPIONS !

## October 2014

### ALL ELL-SALINE STUDENTS HAVE A GREAT MORNING!

#### Breakfast Fact

MyPlate recommends:

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.gov. Internet: <http://www.myplate.gov/>.



\* **monday**

\* **tuesday**

\* **wednesday**

\* **thursday**

\* **friday**

#### INFORMATION FOR PARTENTS AND STUDENTS

WG- Whole Grain

HM-Home Made at School

Parents are welcome to join their student for Breakfast.

Adults-\$2.10

BREAKFAST PIZZA

6

FRESH FRUIT

JUICE CHOICE

MILK

WG CEREAL

7

HM CINNAMON ROLL

BANANA

JUICE CHOICE

MILK

PANCAKE/SAUSAGE

8

ON A STICK

W/ SYRUP

FRESH FRUIT

JUICE CHOICE, MILK

WG CEREAL

9

HM CINNAMON ROLL

TROPICAL FRUIT

JUICE CHOICE

MILK

WG CEREAL

10

BREAKFAST PASTRY

FRESH FRUIT

JUICE CHOICE

MILK

BREAKFAST PIZZA

13

FRESH FRUIT

JUICE CHOICE

MILK

WG CEREAL

14

HM CINNAMON ROLL

CHILLED PEACHES

JUICE CHOICE

MILK

WG CEREAL

15

FRENCH TOAST STICKS

W/SYRUP

ORANGE SLICES

JUICE CHOICE, MILK

WG CEREAL

16

POPTARTS

FRESH FRUIT

JUICE CHOICE

MILK

NO SCHOOL TODAY

17

TEACHER WORK DAY

BREAKFAST PIZZA

20

FRESH FRUIT

JUICE CHOICE

MILK

WG CEREAL

21

HM CINNAMON ROLL

BANANA

JUICE CHOICE

MILK

MINI PANCAKES

22

w/SYRUP

APPLE SAUCE

JUICE CHOICE

MILK

WG CEREAL

23

YOGURT

FRESH FRUIT

JUICE CHOICE

MILK

WG CEREAL

24

WG POPTARTS

FRESH FRUIT

JUICE CHOICE

MILK

BREAKFAST PIZZA

27

FRESH FRUIT

JUICE CHOICE

MILK

WG CEREAL

28

HM CINNAMON ROLL

ORANGE HALVES

JUICE CHOICE

MILK

PANCAKE /SAUSAGE

29

ON A STICK

W/SYRUP

DICED PEARS

JUICE CHOICE, MILK

WG CEREAL

30

WG POPTARTS

FRESH FRUIT

JUICE CHOICE

MILK

NO SCHOOL TODAY

31

TEACHER IN SERVICE