

October 2015

Ell-Saline Elementary, Middle & High School

BREAKFAST



Student Information:

Apple Crunch Day, October 22



Nutrition Tip: 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.

Monday



Tuesday

Wednesday



Thursday

Friday

Breakfast Pizza **5**
Diced Pears
Fruit Juice Choice
Milk Choice

Whole Grain Cereal **6**
Yogurt cup
Apple
Fruit Juice Choice
Milk Choice

Scrumptious Coffeecake **7**
Cereal, Fruit Cocktail
Fruit Juice Choice
Milk Choice

Whole Grain Poptart **1**
Cereal
Apple Half
Fruit Juice Choice
Milk Choice

Breakfast Pizza **2**
Cereal
Diced Pears
Fruit Juice Choice
Milk Choice

Breakfast Pizza **12**
Banana half
Fruit Juice Choice
Milk Choice

Mini Waffles w/Syrup **13**
Diced Peaches
Fruit Juice Choice
Milk Choice

WG Cinnamon Roll **14**
Cereal
Apple Sauce
Fruit Juice Choice
Milk Choice

Biscuit & Gravy **8**
Pineapple Chunks
Fruit Juice Choice
Milk Choice

French Toast Sticks **9**
With Syrup
Orange smiles
Fruit Juice Choice
Milk Choice

Muffin Loaf **15**
Cereal
Orange Smiles
Fruit Juice Choice
Milk Choice

No School Today **16**
Teacher Work Day

Breakfast Pizza **19**
Pineapple chunks
Fruit Juice Choice
Milk Choice

Whole Grain Cereal **20**
Cheese Stick
Banana
Fruit Juice Choice
Milk Choice

Pancake on a Stick **21**
Orange Smiles
Fruit Juice Choice
Milk Choice

WG Biscuit & Gravy **22**
Apple
Fruit Juice Choice
Milk Choice

Whole Grain Poptart **23**
Cereal
Pineapple Tidbits
Fruit Juice Choice
Milk Choice

Whole Grain Cereal **26**
Sausage Pattie
Tropical Fruit
Fruit Juice Choice
Milk Choice

Mini Waffle w/syrup **27**
Pineapple Tidbits
Fruit Juice Choice
Milk Choice

WG Cinnamon Roll **28**
WG Cereal
Orange Smiles
Fruit Juice Choice
Milk Choice

Whole Wheat Bagel **29**
w/ toppings
Apple Sauce
Fruit Juice Choice
Milk Choice

No School Today **30**
Teacher In Service