

September 2015 Elementary, Middle and High School

BREAKFAST



School Information:
WG = Whole Grain



Nutrition Tip: Whole grains are most frequently consumed at breakfast. Ready-to-eat cereals are the #1 source of whole grain among children aged two to 18 years.
Reference: IFIC, Review of Breakfast and Health, 2008.

Monday



Tuesday

Wednesday

Thursday

Friday

No School Today **7**
Labor Day

Mini Blueberry loaf **1**
WG Cereal
Banana
Juice Choice
Milk Choice

Strawberry Bagel **2**
WG Cereal
Apple
Juice Choice
Milk Choice

Oat Meal Round **3**
WG Cereal
Yogurt cup, Orange
Juice Choice
Milk Choice

French Toast Sticks **4**
WG Cereal
Tropical fruit
Juice Choice
Milk Choice

Breakfast Pizza **14**
WG Cereal
Sliced Oranges
Juice Choice
Milk Choice

Breakfast Pizza **8**
WG Cereal
Pineapple Tidbits
Fruit Juice Choice
Milk Choice

Mini Muffins **9**
WG Cereal
Diced Pears
Juice Choice
Milk Choice

Pancake on a Stick **10**
WG Cereal
Orange Slices
Juice Choice
Milk Choice

WG Poptart **11**
WG Cereal
Apple Sauce
Juice Choice
Milk Choice

Waffle Sticks/Syrup **15**
WG Cereal
Banana
Juice Choice
Milk Choice

Cherry Frudel **16**
WG Cereal
Apple Sauce
Juice Choice
Milk Choice

WG Cinnamon Roll **17**
WG Cereal
Pineapple Tidbits
Juice Choice
Milk Choice

Sausage Biscuit **18**
WG Cereal
Tropical Fruit
Juice Choice
Milk Choice

Breakfast Pizza **21**
WG Cereal
Sliced Oranges
Juice Choice
Milk Choice

Biscuit & Gravy **22**
WG Cereal
Diced Peaches
Juice Choice
Milk Choice

WG Poptart **23**
WG Cereal
Apple
Juice Choice
Milk Choice

No School Today **24**
Parent/Teacher
Conferences

No School Today **25**
Enjoy your day!

No School Today **28**
Teacher In-Service

Pancakes & Syrup **29**
Sausage Patty
Tropical Fruit
Juice Choice
Milk Choice

Bagel w Toppings **30**
WG Cereal
Mandarin Oranges
Juice Choice
Milk Choice

