

September 2019

Good Morning Ell-Saline

BREAKFAST



School Information:
Have a Great Day!



Nutrition Tip: September is Whole Grains Month! Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.

Reference: USDA MyPlate



Monday

Labor Day- No School **2**

Tuesday

Whole Grain Cereal **3**
Yogurt Cup
Banana
Fruit Juice, Milk Choice

Wednesday

Whole Grain Bagel **4**
Cream Cheese Cup
Fresh Fruit
Fruit Juice, Milk Choice

Thursday

French Toast Sticks **5**
Syrup Cup
Fresh Fruit
Fruit Juice, Milk Choice

Friday

Breakfast Pizza **6**
Fresh Fruit
Fruit Juice
Milk Choice

Whole Grain Cereal **9**
Cheese Stick
Fresh Fruit
Fruit Juice, Milk Choice

Pancake on a Stick **10**
Syrup Cup
Diced Peaches
Fruit Juice, Milk Choice

Whole Grain Cereal **11**
Sausage Patty
Orange Slices Fruit Juice
Milk Choice

WG Cereal **12**
WG Muffin
Apple Quarters
Fruit Juice, Milk

WG Cereal **13**
Cinnamon Roll
Fresh Fruit
Fruit Juice, Milk Choice

Whole Grain Bagel **16**
Cream Cheese cup
Banana
Fruit Juice, Milk Choice

Breakfast Pizza **17**
Apple
Fruit Juice, Milk Choice

French Toast Sticks **18**
Diced Peaches
Fruit Juice
Milk Choice

Whole Grain Cereal **19**
WG Muffin
Fruit Cocktail
Fruit Juice, Milk Choice

Sausage Biscuit **20**
Orange Slices
Fruit Juice
Milk Choice

Breakfast Sandwich **23**
Banana
Fruit Juice
Milk Choice

WG Cinnamon Roll **24**
Apple Quarters
Fruit Juice Choice
Milk Choice

Whole Grain Cereal **25**
Yogurt Cup
Banana
Fruit Juice and Milk Choice

Whole Grain Cereal **26**
Sausage Patty
Diced Pears
Fruit Juice and Milk Choice

Pancake on a Stick **27**
Syrup Cup
Orange
Fruit Juice and Milk Choice

Whole Grain Muffin **30**
Whole Grain Cereal
Fruit Juice Choice
Milk Choice

