


	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
					
WEEK OF 6 <sup>TH</sup> -10 <sup>TH</sup>	Cinnamon Roll w/Sausage Patty Fruit Assorted Juice Milk	Croissant w/Ham Slice & Cheese Jelly Fruit Assorted Juice Milk	Cereal Bar with Cheese String or Cereal w/Yogurt Fruit Assorted Juice Milk	Pancakes w/Sausage Syrup Fruit Assorted Juice Milk	Breakfast Pizza Or Cereal w/Yogurt Fruit Assorted Juice Milk
WEEK OF 13 <sup>TH</sup> -17 <sup>TH</sup>	French Toast Sticks w/Sausage Links Syrup Fruit Assorted Juice Milk	Grits w/Cheese Quesadilla (Or Cheese Toast) Fruit Assorted Juice Milk	Oatmeal w/Yogurt Fruit Assorted Juice Milk	Biscuit w/Colby Cheese Omelet Jelly Fruit Assorted Juice Milk	Breakfast Bagel or Cereal w/Cheese String Fruit Assorted Juice Milk
WEEK OF 20 <sup>TH</sup> -24 <sup>TH</sup>	Mini Waffles w/Sausage Syrup Fruit Assorted Juice Milk	Biscuit w/Ham Slice & Cheese Jelly Fruit Assorted Juice Milk	Cinni Minis w/Yogurt Fruit Assorted Juice Milk	Croissant w/Chicken Patty Jelly Fruit Assorted Juice Milk	Pop Tart & Yogurt or Cereal & Yogurt Fruit Assorted Juice Milk
WEEK OF 27 <sup>TH</sup> -31 <sup>ST</sup>	Pancakes w/Sausage Patty Syrup Fruit Assorted Juice Milk	Breakfast Sandwich Jelly Fruit Assorted Juice Milk	Grits w/Sausage Biscuit (#16101) Fruit Assorted Juice Milk	Assorted Muffins or Doughnuts Cheese String Fruit Assorted Juice Milk	Breakfast Wrap or WG Bagel w/Cream Cheese Fruit Assorted Juice Milk

## AUGUST BREAKFAST

### Breakfast Brain Power!

It's important for kids to have breakfast everyday, but what they eat in the mornings is crucial too. Choosing breakfast foods that are rich in whole grains, fiber, and protein while low in added sugar may boost kids' attention span, concentration, and memory—which they need to learn in school.

Kids who eat breakfast are more likely to get fiber, calcium and other nutrients. They also tend to keep their weight under control, have lower blood cholesterol levels and fewer absences from school, and make fewer trips to the school nurse with stomach complaints related to hunger.

For more information on Breakfast Brain Power please visit:

<https://kidshealth.org/en/parents/breakfast.html>

Menus are subject to change w/o prior notice

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