

January 2018 Elementary

BREAKFAST



This institution is an equal opportunity provider
Breakfast is free to students only



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

Tuesday

Wednesday

Thursday

Friday

No School

1

No School

2

Mini Pancake

3

Apple Cinn. French Toast

5

Ultimate Breakfast Round

Fruit, Juice, Choice of milk

Cereal Bar

Fruit, Juice, Choice of milk

Mini Cinni

8

Breakfast Burrito

9

Mini Waffle

10

Fruit Frudel

11

12

Muffin

Fruit, Juice, Choice of milk

Pop Tart

Fruit, Juice, Choice of milk

Ultimate Breakfast Round

Fruit, Juice, Choice of milk

Granola Round

Fruit, Juice, Choice of milk

Oatmeal Choc Chip Bar

15

Mini Bagel

16

Mini Pancake

17

Apple Cinn. French Toast

18

19

Cheese Stick

Fruit, Juice, Choice of milk

Fruit Bar

Fruit, Juice, Choice of milk

Ultimate Breakfast Round

Fruit, Juice, Choice of milk

Cereal Bar

Fruit, Juice, Choice of milk

Mini Cinni

22

Breakfast Burrito

23

Mini Waffle

24

Fruit Frudel

25

26

Muffin

Fruit, Juice, Choice of milk

Pop Tart

Fruit, Juice, Choice of milk

Ultimate Breakfast Round

Fruit, Juice, Choice of milk

Granola Round

Fruit, Juice, Choice of milk

Oatmeal Choc Chip Bar

29

Mini Bagel

30

Mini Pancake

31

Cheese Stick

Fruit, Juice, Choice of milk

Fruit Bar

Fruit, Juice, Choice of milk

Ultimate Breakfast Round

Fruit, Juice, Choice of milk

