

# October 2019

## Elementary School Menu

### BREAKFAST

Breakfast consists of 4 components of which students must select 3 items.  
Cold Bar includes one serving of Fruit or Fruit Juice.  
There is a choice of fat free Chocolate Milk with each meal.



**Nutrition Tip:** 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  
Reference: USDA MyPlate



### Monday

**REVISION 1:**  
**9/25/19**

### Tuesday

### Wednesday

### Thursday

### Friday

Cold Cereal/ Crackers  
PopTart/ Crackers  
Fresh/ Canned Fruit  
Fruit Juice

1

Yogurt/ Cereal Bar  
WG Mini Donuts  
Fresh/ Canned Fruit  
Fruit Juice

2

Breakfast Pizza  
Cold Cereal/ Crackers  
Fresh/ Canned Fruit  
Fruit Juice

3

Dutch Waffle  
Cold Cereal/ String Cheese  
Fresh/ Canned Fruit  
Fruit Juice

4

Yogurt/ Cereal Bar  
Pop Tart/ Crackers  
Fresh/ Canned Fruit  
Fruit Juice

7

Cold Cereal/ Crackers  
PopTart/ Crackers  
Fresh/ Canned Fruit  
Fruit Juice

8

Dutch Waffle  
Cold Cereal/ String Cheese  
Fresh/ Canned Fruit  
Fruit Juice

9

Breakfast Pizza  
Cold Cereal/ Crackers  
Fresh/ Canned Fruit  
Fruit Juice

10

Yogurt/ Cereal Bar  
WG Mini Donuts  
Fresh/ Canned Fruit  
Fruit Juice

11

Yogurt/ Cereal Bar  
Pop Tart/ Crackers  
Fresh/ Canned Fruit  
Fruit Juice

14

Cold Cereal/ Crackers  
PopTart/ Crackers  
Fresh/ Canned Fruit  
Fruit Juice

15

Sunrise Wrap  
WG Twin Bar  
Fresh/ Canned Fruit  
Fruit Juice

16

Breakfast Pizza  
Cold Cereal/ Crackers  
Fresh/ Canned Fruit  
Fruit Juice

17

Dutch Waffle  
Cold Cereal/ String Cheese  
Fresh/ Canned Fruit  
Fruit Juice

18

Bagel/ Cream Cheese  
Pop Tart/ Crackers  
Fresh/ Canned Fruit  
Fruit Juice

21

Cold Cereal/ Crackers  
PopTart/ Crackers  
Fresh/ Canned Fruit  
Fruit Juice

22

Dutch Waffle  
Cold Cereal/ String Cheese  
Fresh/ Canned Fruit  
Fruit Juice

23

Breakfast Pizza  
Cold Cereal/ Crackers  
Fresh/ Canned Fruit  
Fruit Juice

24

Yogurt/ Cereal Bar  
WG Twin Bar  
Fresh/ Canned Fruit  
Fruit Juice

25

Cold Cereal/ Crackers  
Bagel/ Cream Cheese  
Fresh/ Canned Fruit  
Fruit Juice

28

Cold Cereal/ Crackers  
PopTart/ Crackers  
Fresh/ Canned Fruit  
Fruit Juice

29

French Toast Sticks & Sausage  
Patty  
WG Twin Bar  
Fresh/ Canned Fruit  
Fruit Juice

30

Breakfast Pizza  
Cold Cereal/ Crackers  
Fresh/ Canned Fruit  
Fruit Juice

31



The USDA and the CDE are equal opportunity providers and employers. Menu is subject to change.