

August 2019

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: Drink water! Sip water or other drinks with few or no calories to help maintain a healthy weight. Keep a water bottle in your bag or at your desk to satisfy your thirst throughout the day.



Reference: USDA MyPlate

Monday



Tuesday

Wednesday

Thursday

Friday

Cold Cereal/ Crackers 13
Pop Tart/ Crackers
Fresh/ Canned Fruit
Fruit Juice

Belgian Waffles & Sausage Patty 14
Cold Cereal/ Crackers
Fresh/ Canned Fruit
Fruit Juice

Sunrise Wrap 15
Cold Cereal/ Crackers
Fresh/ Canned Fruit
Fruit Juice

Mozzarella Pull Apart 16
Cold Cereal/ Crackers
Fresh/ Canned Fruit
Fruit Juice

Chocolate Chip Muffin 19
Cold Cereal/ Crackers
Fresh/ Canned Fruit
Fruit Juice

Cold Cereal/ Crackers 20
Pop Tart/ Crackers
Fresh/ Canned Fruit

Belgian Waffles & Sausage Patty 21
Cold Cereal/ Crackers
Fresh/ Canned Fruit
Fruit Juice

Sunrise Wrap 22
Cold Cereal/ Crackers
Fresh/ Canned Fruit
Fruit Juice

Breakfast Pizza 23
Cold Cereal/ Crackers
Fresh/ Canned Fruit
Fruit Juice

Chocolate Chip Muffin 26
Cold Cereal/ Crackers
Fresh/ Canned Fruit
Fruit Juice

Cold Cereal/ Crackers 27
Pop Tart/ Crackers
Fresh/ Canned Fruit

Belgian Waffles & Sausage Patty 28
Cold Cereal/ Crackers
Fresh/ Canned Fruit
Fruit Juice

Sunrise Wrap 29
Cold Cereal/ Crackers
Fresh/ Canned Fruit
Fruit Juice

Breakfast Pizza 30
Cold Cereal/ Crackers
Fresh/ Canned Fruit
Fruit Juice