

August 2016

Elementary Breakfast

BREAKFAST

Menu Information: Juice, Fruit and Milk are offered with Breakfast. All grains served at Breakfast are whole grain rich.

(Fresh Fruit/Vegetable Program) snack of the day. Encourage your child to try a new fruit/vegetable when offered.



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.

USDA is an Equal Opportunity Provider and Employer.



Monday

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Tuesday

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Wednesday

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Thursday

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Friday

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Back to School

17

Breakfast Pizza

18

Mini Waffles

(WATERMELON)

19

Donut

22

Yogurt
Muffin

23

Mini Pancakes

(CHERRIES)

24

Cheesy Bacon/Egg Toast

25

Ham & Egg Bar

(PEACHES)

26

Strawberry Stuffed Pretzel

29

Mini French Toast

30

Sausage Bites

(TOMATOES)

31

Mini Cinnamon Roll



Breakfast is the most important meal of the day.

**Full Pay Breakfast
price \$1.65**