

October 2019

St Rose of Lima School

BREAKFAST



Milk & Juice served with every 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

Tuesday

Wednesday

Thursday

Friday

Choice of Cereal

Choice of Cereal **1**

Scrambled Eggs **2**

Nutri Grain Bar **3**

Powdered Donut **4**

Choice of Cereal **7**

Breakfast Burrito **8**

Pancake & Sausage On a Stick **9**

Breakfast Bar **10**

Mini Long John **11**

NO SCHOOL **14**

Scrambled Eggs **15**

French Toast Sticks **16**

Choice of Cereal **17**

Breakfast Bar **18**

Choice of Cereal **21**

Breakfast Pizza **22**

Powdered Donut **23**

Breakfast Burrito **24**

NO SCHOOL **25**

Long John **28**

Breakfast Cookie **29**

Pancake & Sausage On a Stick **30**

Choice of Cereal **31**

