

# September 2019

## BREAKFAST



**School Information:** St Rose of Lima



**Nutrition Tip:** September is Whole Grains Month! Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.

Reference: USDA MyPlate



### Monday

2

NO SCHOOL  
LABOR DAY

### Tuesday

3

Breakfast Wrap

### Wednesday

4

Pancake & Sausage on a  
Stick

### Thursday

5

Breakfast Bar

### Friday

6

Powdered Donut

9

Mini Long John

10

Scrambled Eggs

11

Choice of Cereal

12

French Toast Stick

13

Breakfast Cookie

16

Choice of Cereal

17

Mini Pancakes

18

Breakfast Pizza

19

Breakfast Bar

20

Pancake & Sausage on a Stick

23

No School

24

Breakfast Bar

25

Pancake & Sausage on a Stick

26

Scrambled Eggs

27

Choice of Cereal

30

French Toast Stick

