

# October 2020

## St. Rose of Lima School

### BREAKFAST



**School Information:** Milk and Juice served with each meal.  
This School is an equal opportunity provider.



**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

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday



5

French Toast Stick

6

Cereal

7

Cinnamon Roll

8

Cereal Bar

9

Old Fashion Donut

12

Long John

13

Pancakes

14

Cheese Omelet

15

Breakfast Pizza

16

Cereal

19

NO SCHOOL

20

Breakfast Bar

21

Powdered Donut

22

Scrambled Eggs & Sausage

23

French Toast Sticks

26

Cereal

27

Breakfast Pizza

28

Cinnamon Roll

29

Old Fashion Donut

30

NO SCHOOL