

August 2020

Roland-Story Elementary School

BREAKFAST



This institution is an equal opportunity provider.



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

3

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12

13

14

17

18

19

20

21

**WELCOME
BACK STUDENTS
AND STAFF!!!**

Ham Breakfast Bar
Graham Crackers
Apple/Banana/Orange
Milk

24

Mini Pancakes
Apple/Banana/Orange
Milk

25

Breakfast Pizza
Apple/Banana/Orange
Milk

26

Sausage Pancake Stick
Apple/Banana/Orange
Milk

27

Cold Cereal
Muffin
Apple/Banana/Orange
Milk

28

Ham Breakfast Bar
Graham Crackers
Apple/Banana/Orange
Milk

31

**Milk offered daily:
White, Chocolate, and
Strawberry Skim Milk
White 1% Milk**

