

October 2020

Roland-Story Elementary School

BREAKFAST



This institution 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



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

Sausage Pancake Stick
Apple/Banana/Orange Milk

Cereal
Graham Crackers
Apple/Banana/Orange Milk

Ham Breakfast Bar
Graham Cracker Pack
Apple/Banana/Orange Milk

Mini Cinnamon Rolls
Apple/Banana/Orange Milk

Breakfast Pizza
Apple/Banana/Orange Milk

Sausage Pancake Stick
Apple/Banana/Orange Milk

Cereal
Muffin
Apple/Banana/Orange Milk

Ham Breakfast Bar
Graham Cracker Pack
Apple/Banana/Orange Milk

Mini Pancakes
Apple/Banana/Orange Milk

Breakfast Pizza
Apple/Banana/Orange Milk

Sausage Pancake Stick
Apple/Banana/Orange Milk

Cereal
Pop tart
Apple/Banana/Orange Milk

Ham Breakfast Bar
Graham Cracker Pack
Apple/Banana/Orange Milk

Turkey Bacon, Egg, and Cheese Biscuit
Apple/Banana/Orange Milk

Breakfast Pizza
Apple/Banana/Orange Milk

Sausage Pancake Stick
Apple/Banana/Orange Milk

Cereal
Graham Crackers
Apple/Banana/Orange Milk

NO SCHOOL

Cheese Omelet
Graham Cracker Pack
Apple/Banana/Orange Milk

Breakfast Pizza
Apple/Banana/Orange Milk

Sausage Pancake Stick
Apple/Banana/Orange Milk

Cereal
Muffin
Apple/Banana/Orange Milk