

September 2017 Biggs/Richvale Elementary Schools

BREAKFAST



Biggs Elementary School
300 B Street, Biggs, CA. 95917
530-868-1281



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday



Tuesday



Wednesday



Thursday

Friday

Breakfast Burrito, or Assorted Cereal, or PB&J Graham Cracker Sandwich. Assorted Fresh Fruit or Fruit Juice **1**
Choice of Milk
Yogurt

NO SCHOOL

4

Mini Cinnamon Rolls, or Assorted Cereal, or Cinnamon Toast Crunch cereal bar. Assorted Fresh Fruit, Mini Carrots w/Peanut Butter **5**
Choice of Milk
String Cheese

Benefit Breakfast Bar, or Assorted Cereal, or w/g Pop Tart. Assorted Fresh Fruit **6**
Choice of Milk
String Cheese

Apple Strudel or Bagel & Cream Cheese, or Assorted Cereal. Assorted Fresh Fruit **7**
Choice of Milk
String Cheese

Pancake & Sausage on a Stick or Assorted Cereal, or PB&J Graham Cracker Sandwich. Assorted Fresh Fruit or Fruit Juice **8**
Choice of Milk, String Cheese

Apple cinnamon Muffin or Assorted Cereal, or cereal Breakfast bar. Assorted Fresh Fruit **11**
Choice of Milk
String Cheese

Cherry Strudel or Bagel & Cream Cheese, or Assorted Cereal. Assorted Fresh Fruit **12**
Choice of Milk
Yogurt

Benefit Breakfast Bar, or Assorted Cereal, or w/g Pop Tart. Assorted Fresh Fruit, Mini Carrots w/Peanut Butter **13**
Choice of Milk
String Cheese

Mini Cinnamon Rolls, or Assorted Cereal, or Fruity Trix cereal bar. Assorted Fresh Fruit, Mini Carrots w/ Peanut Butter **14**
Choice of Milk
String Cheese

w/g Blueberry Pancake or Assorted Cereal, or PB&J Graham Cracker Sandwich. Assorted Fresh Fruit or Fruit Juice **15**
Choice of Milk
Yogurt

Blueberry Muffin, or Assorted Cereal, or Granola Bar. Assorted Fresh Fruit, Mini Carrots w/Peanut Butter **18**
Choice of Milk
String Cheese

Benefit Breakfast Bar, or Assorted Cereal, or w/g Pop Tart. Assorted Fresh Fruit **19**
Choice of Milk
Yogurt

Sweet Potato Danish, or Assorted Cereal, or w/g Pop Tart. Assorted Fresh Fruit **20**
Choice of Milk
String Cheese

Cherry Strudel or Bagel & Cream Cheese, or Assorted Cereal. Assorted Fresh Fruit **21**
Choice of Milk
Yogurt

w/g Mini French Toast or Assorted Cereal, or PB&J Graham Cracker Sandwich. Assorted Fresh Fruit or Fruit Juice **22**
Choice of Milk, String Cheese

Apple Strudel or Bagel & Cream Cheese, or Assorted Cereal. Assorted Fresh Fruit **25**
Choice of Milk
String Cheese or Yogurt

Banana Muffin, or Assorted Cereal, or Granola Bar. Assorted Fresh Fruit, Mini Carrots w/Peanut Butter **26**
Choice of Milk
String Cheese

Mini Cinnamon Rolls, or Assorted Cereal, or Fruity Trix cereal bar. Assorted Fresh Fruit, Mini Carrots w/ Peanut Butter **27**
Choice of Milk
Yogurt

Benefit Breakfast Bar, or Assorted Cereal, or w/g Pop Tart. Assorted Fresh Fruit, Mini Carrots w/Peanut Butter **28**
Choice of Milk
String Cheese

Breakfast Burrito, or Assorted Cereal, or PB&J Graham Cracker Sandwich. Assorted Fresh Fruit or Fruit Juice **29**
Choice of Milk
Yogurt