

February 2018

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



Benefit Breakfast Bar, or Assorted Cereal, or w/ Donut. **1**
Assorted Fresh Fruit
Choice of Milk
Yogurt

Apple Pastry or Assorted Cereal, or Assorted Breakfast Treats **2**
Assorted Fresh Fruit or Fruit Juice, Mini Carrots w/ Peanut Butter
Choice of Milk, String Cheese

Assorted Breakfast pastries, or Assorted Cereal, Assorted Fresh Fruit, Mini Carrots w/ Peanut Butter **5**
Choice of Milk
Yogurt

Banana Bread, or Assorted Cereal, or a Granola Bar. **6**
Assorted Fresh Fruit
Choice of Milk
String Cheese

Honey Bun, or Assorted Cereal, or a Cereal Bar. **7**
Assorted Fresh Fruit, Mini Carrots w/ Peanut Butter
Choice of Milk
Yogurt

Benefit Breakfast Bar, or Assorted Cereal, or w/ Donut. **8**
Assorted Fresh Fruit
Choice of Milk
String Cheese

Ham Egg & Cheese Croissant, or Assorted Cereal, or a Cereal Bar. **9**
Assorted Fresh Fruit or Fruit Juice, Choice of Milk
Yogurt

Pumpkin Bread, or Assorted Cereal, or Granola Bar. **12**
Assorted Fresh Fruit
Choice of Milk
String Cheese

Apple Cinn. Bear Paw or Assorted Cereal, or w/g Pop Tart. **13**
Assorted Fresh Fruit,
Choice of Milk
Yogurt

Cinnamon Roll or Assorted Cereal, or a Breakfast Bar. **14**
Assorted Fresh Fruit, Mini Carrots w/ Peanut Butter
Choice of Milk
String Cheese

Blueberry Pancakes or Assorted Cereal, or a w/g Pop Tart. **15**
Assorted Fresh Fruit or Fruit Juice
Choice of Milk, Yogurt

Pancake & Sausage On a Stick or Assorted Cereal, or a w/g Pop Tart. **16**
Assorted Fresh Fruit or Fruit Juice
Choice of Milk, String Cheese

NO SCHOOL **19**

Pan Dulce, or Assorted Cereal, or a Cereal Bar. **20**
Assorted Fresh Fruit, Mini Carrots w/ Peanut Butter
Choice of Milk
String Cheese

PB&J sandwich, or Assorted Cereal, or Granola Bar. **21**
Assorted Fresh Fruit, Choice of Milk
Yogurt

Chocolate Crumb Cake, Assorted Cereal, or Cherry/Apple Frudel **22**
Assorted Fresh Fruit
Choice of Milk
String Cheese

Breakfast Burrito, or Assorted Cereal, or PB&J Sandwich. **23**
Assorted Fresh Fruit or Fruit Juice, Choice of Milk
Yogurt

Cinn. Crumb Cake, or Assorted Cereal, or a Cereal bar. **26**
Assorted Fresh Fruit
Choice of Milk
String Cheese

Assorted Muffins, or Assorted Cereal, or w/g Pop Tart. Mini Carrots w/ Peanut Butter **27**
Assorted Fresh Fruit
Choice of Milk
Yogurt

Bagel & Cream Cheese, or a Cherry or Apple Strudel or Assorted Cereal. **28**
Assorted Fresh Fruit
Choice of Milk
String Cheese

