

September 2018 Biggs/ Richvale Elementary

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

No School

2

Tuesday

W/G Donut, or Assorted Cereal, or a granola bar, Assorted Fresh Fruit, Choice of Milk, Yogurt

3

Wednesday

Honey Bun, or Assorted cereal, or A Granola Bar, Assorted Fresh Fruit, Mini Carrots w/ Peanut Butter, Choice of Milk, String Cheese

13

Thursday

Bagel & Cream Cheese, or a mini Cinni or Assorted Cereal, Assorted Fresh Fruit, Choice of Milk, Yogurt

26

Friday

Pancake & Sausage on a Stick or Assorted Cereal, or a W/G Donut, Assorted Fresh Fruit or Fruit Juice, Choice of Milk, String Cheese

4

Breakfast Burrito, or Assorted Cereal or Graham Crackers, Assorted Fresh Fruit, Choice of Milk, Yogurt

11

Cinnamon Roll, or Assorted Cereal, or a Cereal Bar, Assorted Fresh Fruit, Choice of Milk, String Cheese

23

Assorted Muffins, or Assorted Cereal, or a Granola Bar, Assorted Fresh Fruit, Choice of Milk, Yogurt

4

Pumpkin Bread, or Assorted Cereal, or A Cereal Bar, Assorted Fresh Fruit, choice of Milk, String Cheese

20

Waffles or Assorted Cereal, or a W/G Pop Tart, Assorted Fresh Fruit, or Fruit Juice, Choice of Milk, Yogurt.

20

Minni Cinni or Bagel & Cream Cheese, or Assorted Cereal, Assorted Fresh Fruit Choice of Milk String Cheese

9

Cinnamon Rolls or Assorted Cereal, or a Cereal bar, Assorted Fresh Fruit, Mini Carrots w/ Peanut Butter Choice of Milk, Yogurt

24

Benefit Breakfast Bar, or Assorted Cereal, or Buttermilk Twins, Assorted Fresh Fruit Choice of Milk, String Cheese

10

Honey Bun, or Assorted Cereal, or Cereal bar, Assorted Fresh Fruit, Mini Carrots w/ Peanut Butter Choice of Milk, Yogurt

12

Egg & Cheese Croissant, or Assorted Cereal, or a Granola Bar, Assorted Fresh Fruit or Fruit Juice, Choice of Milk String Cheese

17

Apple Bite Donut Holes or a Cherry or Apple Strudel or Assorted Cereal, Assorted Fresh Fruit Choice of Milk, Yogurt

25

Assorted Breakfast pastries, or Assorted Cereal, or a Granola bar, Assorted Fresh Fruit Choice of Milk String Cheese

27

Cinnamon Roll or Assorted Cereal, or a Breakfast Bar, Assorted Fresh Fruit, Mini Carrots w/ Peanut Butter Choice of Milk, Yogurt

19

PB&J sandwich, or Assorted Cereal, or Apple Bite Donut Holes, Assorted Fresh Fruit Choice of Milk String Cheese

18

Breakfast Tornado Egg, sausage & cheese or Assorted Cereal, or w/g Donut, Assorted Fresh Fruit or Fruit Juice, Choice of Milk, Yogurt

16

Benefit Breakfast Bar, or Assorted Cereal, or a Granola Bar Assorted Fresh Fruit Choice of Milk String Cheese

3

