

October 2018

Biggs & Richvale Elementary Schools

BREAKFAST



School Information: Type your school information here.



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

No School

1

Pancakes or Waffles
Assorted Cereal, or a w/g
Pop Tart.
Assorted Fresh Fruit
Choice of Milk, Yogurt

2

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

3

Crumb Cake, or
Assorted Cereal, or
Granola Bar.
Assorted Fresh Fruit
Choice of Milk
Yogurt

4

Pancake & Sausage On
a Stick or Assorted
Cereal, or a Cereal Bar.
Assorted Fresh Fruit or Fruit
Juice
Choice of Milk, String Cheese

5

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

8

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

9

Bagel & Cream Cheese,
Minni Cnni or Assorted
Cereal, Assorted Fresh Fruit,
Choice of Milk, Yogurt

10

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

11

Breakfast Burrito, or
Assorted Cereal, or Granola
Bar
Assorted Fresh Fruit, Fruit
Juice or Choice of Milk
Yogurt

12

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

15

Banana Bread, or
Assorted Cereal, or a w/g
Pop Tart. Assorted Fresh Fruit
Choice of Milk
Yogurt

16

Pan Dulce, or Assorted
Cereal, or a Cereal Bar,
Assorted Fresh Fruit, Choice
of Milk, String Cheese

17

Pancakes or Assorted
Cereal, or a w/g Donut.
Assorted Fresh Fruit or Fruit
Juice
Choice of Milk, Yogurt

18

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

19

Chocolate Crumb Cake,
Assorted Cereal, or a
Cereal bar
Assorted Fresh Fruit
Choice of Milk
Yogurt

22

Assorted Muffins, or
Assorted Cereal, or a
Cereal bar
Assorted Fresh Fruit
Choice of Milk
String Cheese

23

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

24

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

25

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

26

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

29

Mini Waffles, or Assort
Cereal, or a Cinn Roll.
Assorted Fresh Fruit, Mini
Carrots w/ Peanut Butter
Choice of Milk
Yogurt

30

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

31

