

AUGUST | 2023

Breakfast - Elementary



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

31	1	2	3	4
7	8	9	10	11
14	15	16 Cereal Strawberry Yogurt Fruit Milk	17 <u>Chocolate Chip Bread**</u> Juice Fruit Milk	18 <u>Ham Frittata**</u> Toast Fruit Milk
21 <u>Carrot Cake Muffin**</u> Gogurt Fruit Milk	22 <u>Scrambled Eggs</u> <u>Sausage Patty**</u> Toast Fruit Milk	23 <u>French Toast Bake</u> w/ syrup Fruit Milk	24 Bagel w/ cream cheese Fruit <u>Smoothie</u> Milk	25 <u>Pumpkin Bread**</u> Yogurt Fruit Milk
28 <u>Breakfast Cookie</u> <u>Fruit Parfait</u> Fruit Milk	29 <u>Zucchini Chocolate Chip</u> <u>Bread**</u> String cheese stick Fruit Milk	30 <u>Breakfast Bake **</u> Toast Fruit Milk	31 <u>Banana Bread**</u> <u>Smoothie</u> Fruit Milk	1 <u>Breakfast Taco**</u> Fruit Juice Milk

News

Breakfast after the bell: breakfast is offered for students until 20 minutes after the start of school.

Items underlined are made from scratch

Items with ** are made with local foods



WHY IS
"BREAKFAST"
CALLED
BREAKFAST?

"breakfast" means to break the fast you've been observing since you went to sleep the night before!