

AUGUST 2024

BREAKFAST



Daily Breakfast Favorites: Cereal Variety, Assorted Breakfast Breads, Assorted Yogurt, Bagels and Cream Cheese, Fresh Fruit, & Milk Variety



Nutrition Tip: Drink water! Sip water or other drinks with few or no calories to stay hydrated and help maintain a healthy weight. Keep a water bottle in your bag or at your desk to satisfy your thirst throughout the day.



Reference: USDA MyPlate

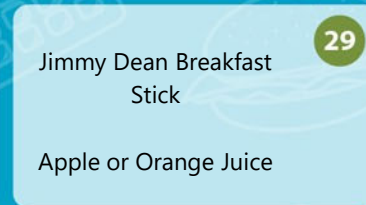
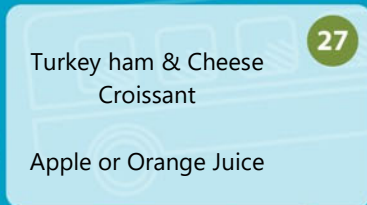
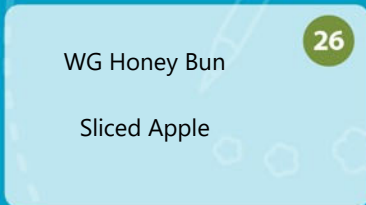
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



SEPTEMBER 2024

BREAKFAST



Daily Breakfast Favorites: Cereal Variety, Assorted Breakfast Breads, Assorted Yogurt, Bagels and Cream Cheese, Fresh Fruit & Milk Variety



September is National Biscuit Month. Try a breakfast sandwich on a biscuit or try out a new recipe with chicken and biscuits this month!



MONDAY

**Labor Day
(Schools Closed)**

2

TUESDAY

Cinnamon Toast Crunch Bar

3

WEDNESDAY

Bacon, Scrambled Eggs,
& WG Biscuit

4

THURSDAY

Turkey Bacon & Egg
White English Muffin

5

FRIDAY

Beef Chorizo Breakfast
Stick

6

Egg & Cheese English
Muffin

9

WG Fruit Loop Waffles

10

Pillsbury Mini Cinnis

11

Fruit & Yogurt Parfait

12

Sausage, Egg &
Cheese Croissant

13

Chicken Pancake
Sandwich

16

Cinnamon Toast Crunch
French Toast

17

WG Strawberry Pancakes

18

WG Chocolate Crescent

19

Turkey Bacon, Egg, &
Cheese Croissant

20

Apple Glazed Donut
Holes

23

Beef Sausage Pancake
Sandwich

24

Turkey Sausage Patty,
Scrambled Eggs, &WG
Biscuit

25

Blueberry Pancakes

26

French Toast Sticks w
Turkey Bacon

27

WG Breakfast Bun

30

