

AUGUST BREAKFAST

K-12

WELCOME BACK!

Start your day (and your new year!) off right with a healthy breakfast.

Not only is breakfast the **most important meal of the day**, but it's also one of the key ways to **maximize your daily energy and increase concentration** throughout the day!

Breakfast: choice of 1% or fat-free milk; fresh fruit served daily except when fruit juice is offered.

revolution foods.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

		1	2	3
6	7	8	9	10
13 • Assorted Cereal	14 • HOT Pancakes W/Syrup	15 • HOT French Toast, Maple Turkey	16 • HOT Chicken Sausage & omelet Gordita	17 • Assorted Cereal
20 • Assorted Cereal	21 • Yogurt W/Granola	22 • HOT Cinnamon Toast Bagel	23 • HOT Pancakes W/Syrup	24 • Blueberry Burst Bagel W/Cream Cheese
27 • Assorted Cereal	28 • HOT Chicken Sausage & omelet Gordita	29 • Assorted Cereal	30 • HOT Mini Cheese Omelet W/French Toast Sticks	31 • HOT Cheesy Bean Burrito

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