

September 2017 Resurrection Catholic Middle and High School

BREAKFAST



Juice and Fruit served daily!



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.

This institution is an equal opportunity provider and employer.



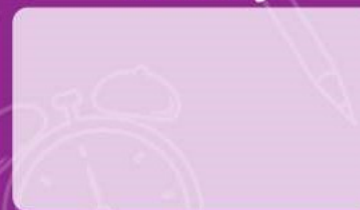
Monday

Tuesday

Wednesday

Thursday

Friday



1) Scrambled Eggs Sausage/Grits
2) Cereal/Pop Tart
Fruit
Juice

4
**Labor Day
NO SCHOOL!**

5
1) French Toast
2) Cereal/Pop Tart
3) Yogurt Parfait
Fruit

6
1) Chicken Biscuit/Grits
2) Cereal/Pop Tart
Fruit
Juice

7
1) Pancake Pup
2) Cereal/Pop Tart
3) Yogurt Parfait
Fruit
Juice

8
1) Grits/Sausage/Toast
2) Cereal/Pop Tart
Fruit
Juice

11
1) Bacon-Egg-Cheese Biscuit/Grits
1) Cereal/Pop Tart
Fruit
Juice

12
1) Breakfast Bagel
2) Cereal/Pop Tart
3) Yogurt Parfait
Fruit
Juice

13
1) Breakfast Burrito
2) Cereal/Pop Tart
Fruit
Juice

14
1) Breakfast Pizza
2) Cereal/Pop Tart
3) Yogurt Parfait
Fruit
Juice

15
1) Mini Pancake/Sausage
2) Cereal/Pop Tart
Fruit
Juice

18
1) Sausage Biscuit
2) Cereal/Pop Tart
Fruit
Juice

19
1) Scrambled Eggs Sausage Toast/Grits
2) Cereal/Pop Tart
3) Yogurt Parfait
Fruit /Juice

20
1) French Toast
2) Cereal/Pop Tart
Fruit
Juice

21
1) Breakfast Bagel
2) Cereal/Pop Tart
3) Yogurt Parfait
Fruit
Juice

22
1) Cini-Mini/Sausage
2) Cereal/Pop Tart
Fruit
Juice

25
1) Pancake Pup
2) Cereal/Pop Tart
Fruit
Juice

26
1) Chicken Biscuit
2) Cereal/Pop Tart
3) Yogurt Parfait
Fruit
Juice

27
1) Breakfast Burrito
2) Cereal/Pop Tart
Fruit
Juice

28
1) Steak Biscuit
2) Cereal/Pop Tart
3) Yogurt Parfait
Fruit
Juice

29
1) Grits/Sausage/Toast
2) Cereal/Pop Tart
Fruit
Juice