

October 2017

Resurrection Catholic School

BREAKFAST



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

1)French Toast Sticks **2**
2)Cereal/Toast
Fruit

Tuesday

1)Mini Pancake Sausage **3**
2)Cereal/Toast
Fruit

Wednesday

1)Breakfast Burrito **4**
2)Cereal/Toast
Fruit

Thursday

1)Breakfast Pizza **5**
2)Cereal/Toast
Fruit

Friday

1)Scrambled Eggs Sausage **6**
2)Cereal/Toast
Fruit

NO SCHOOL **9**

1)Breakfast Bagel **10**
2)Cereal/Toast
Fruit

1)Bacon-Egg-Cheese Biscuit **11**
2)Cereal/Toast
Fruit

1)Pancake Pup **12**
2)Cereal/Toast
Fruit

1)Grits/Sausage/Toast **13**
2)Cereal/Toast
Fruit

1)Sausage Biscuit **16**
2)Cereal/Toast
Fruit

1)Mini Waffle/Sausage **17**
2)Cereal/Toast
Fruit

1)French Toast Sticks **18**
2)Cereal/Toast
Fruit

1)Breakfast Burrito **19**
2)Cereal/Toast
Fruit

1)Cinna Mini **20**
2)Cereal/Toast
Fruit

1)Chicken Biscuit **23**
2)Cereal/Toast
Fruit

1)Pancake Pup **24**
2)Cereal/Toast
Fruit

1)Breakfast Pizza **25**
2)Cereal/Toast
Fruit

1)Mini Pancake/Sausage **26**
2)Cereal/Toast
Fruit

1)Grits/Sausage/Toast **27**
2)Cereal/Toast
Fruit

1)Chicken Biscuit **30**
2)Cereal/Toast
Fruit

Mini Waffle/Sausage **31**
2)Cereal/Toast
Fruit

