

October 2018

Resurrection Catholic Elementary 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) Mini Pancake Sausage
2) Cereal/Toast
Fruit

1

Tuesday

1) Sausage Biscuit
2) Cereal/Toast
Fruit

2

Wednesday

1) Breakfast Pizza
2) Cereal/Toast
Fruit

3

Thursday

1) Cinna Mini
2) Cereal/Toast
Fruit

4

Friday

1) Breakfast Burrito
2) Cereal/Toast
Fruit

5

8

**FALL HOLIDAY
NO SCHOOL**

1) Chicken Biscuit
2) Cereal/Toast
Fruit

9

1) Pancake Pup
2) Cereal/Toast
Fruit

10

1) Breakfast Bagel
2) Cereal/Toast
Fruit

11

1) Grits/Sausage
2) Cereal/Toast
Fruit

12

15

1) French Toast Sticks
2) Cereal/Toast
Fruit

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

16

1) Scrambled Eggs Sausage
2) Cereal/Toast
Fruit

17

1) Breakfast Pizza
2) Cereal/Toast
Fruit

18

1) Mini Pancake Sausage
2) Cereal/Toast
Fruit

19

22

1) Breakfast Burrito
2) Cereal/Toast
Fruit

1) Sausage Biscuit
2) Cereal/Toast
Fruit

23

1) Pancake Pup
2) Cereal/Toast
Fruit

24

1) Breakfast Bagel
2) Cereal/Toast
Fruit

25

1) Grits/Sausage
2) Cereal/Toast
Fruit

26

29

1) Mini Pancake Sausage
2) Cereal/Toast
Fruit

1) Chicken Biscuit
2) Cereal/Toast
Fruit

30

1) Scrambled Eggs Sausage
2) Cereal/Toast
Fruit

31

