

# September 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

LABOR DAY

3

### Tuesday

- 1) Breakfast Burrito
- 2) Cereal/Toast Fruit

4

### Wednesday

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

5

### Thursday

- 1) Cinna Mini
- 2) Cereal/Toast Fruit

6

### Friday

- 1) Mini Pancake/Sausage
- 2) Cereal/Toast Fruit

7

- 1) French Toast Stick
- 2) Cereal/Toast Fruit

10

- 1) Chicken Biscuit
- 2) Cereal/Toast Fruit

11

- 1) Breakfast Pizza
- 2) Cereal/Toast Fruit

12

- 1) Scrambled Eggs Sausage/Toast
- 2) Cereal/Toast Fruit

13

- 1) Grits/Sausage/Toast
- 2) Cereal/Toast Fruit

14

- 1) Mini Pancake/Sausage
- 2) Cereal/Toast Fruit

17

- 1) Sausage Biscuit
- 2) Cereal/Toast Fruit

18

- 1) Pancake Pup
- 2) Cereal/Toast Fruit

19

- 1) Breakfast Bagel
- 2) Cereal/Toast Fruit

20

- 1) Breakfast Pizza
- 2) Cereal/Toast Fruit

21

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

24

- 1) Scrambled Eggs Sausage/Toast
- 2) Cereal/Toast Fruit

25

- 1) Cinna Mini
- 2) Cereal/Toast Fruit

26

- 1) Breakfast Burrito
- 2) Cereal/Toast Fruit

27

- 1) Grits/Sausage Toast
- 2) Cereal/Toast Fruit

28

