

January 2019 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

Tuesday

Wednesday

Thursday

Friday



7

1

2

3

4

1) Sausage Biscuit
2) Cereal/Poptart
Fruit

8

1) French Toast Sticks
2) Cereal/Toast
Fruit

9

1) Pancake Pup
2) Cereal/Toast
Fruit

10

1) Grits/Sausage
2) Cereal/Toast
Fruit

11

1) Cinna Mini
2) Cereal/Toast
Fruit

14

1) Chicken Biscuit
2) Cereal/Toast/Fruit

15

1) Scrambled Eggs
Sausage
2) Cereal/Toast
Fruit

16

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

17

1) Breakfast Boat
2) Cereal/Toast
Fruit

18

No School
HOLIDAY

21

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

22

1) Breakfast Burrito
2) Cereal/Toast
Fruit

23

1) Breakfast Bagel
2) Cereal/Toast
Fruit

24

1) Grits/Sausage
2) Cereal/Toast
Fruit

25

1) French Toast Sticks
2) Cereal/Toast
Fruit

28

1) Sausage Biscuit
2) Cereal/Toast
Fruit

29

1) Pancake Pup
2) Cereal/Toast
Fruit

30

1) Breakfast Boat
2) Cereal/Toast
Fruit

31

