

February 2020

Resurrection Catholic Elementary School

BREAKFAST



This Institution is an Equal Opportunity Provider



Nutrition Tip: Ready-to-eat cereal consumption encourages milk consumption. In children, at least 76% of cereal is consumed with milk. Reference: NHANES 13-14



Monday

Bacon-Egg-Cheese Biscuit
Cereal/Toast
Fruit **3**

Tuesday

French Toast Sticks
Cereal/Toast
Fruit **4**

Wednesday

Breakfast Burrito
Cereal/Toast
Fruit **5**

Thursday

Mini Pancake/Sausage
Cereal/Toast
Fruit **6**

Friday

Grits/Sausage/Toast
Cereal/Toast
Fruit **7**

Sausage Biscuit
Cereal/Toast
Fruit **10**

Breakfast Pizza
Cereal/Toast
Fruit **11**

Scrambled Eggs/Sausage
Toast
Cereal/Toast
Fruit **12**

French Toast Stick
Cereal/Toast
Fruit **13**

Cinna Mini
Cereal/Toast
Fruit **14**

Chicken Biscuit
Cereal/Pop Tart
Fruit **17**

Pancake on Stick
Cereal/Pop Tart
Fruit **18**

Breakfast Burrito
Cereal/Pop Tart
Fruit **19**

Mini Pancake/Sausage
Cereal/Pop Tart
Fruit **20**

Grits/Sausage/Toast
Cereal/Pop Tart
Fruit **21**

24
Mardi Gras
Holiday

25
Mardi Gras
Holiday

26
French Toast Sticks
Cereal/Toast/Fruit

27
Bacon-Egg-Cheese
Biscuit
Cereal/Toast
Fruit

28
Scrambled Eggs/Toast
Cereal/Toast
Fruit

