

October 2020

Resurrection Catholic School

BREAKFAST



This institution is an equal opportunity provider



Nutrition Tip: Start with breakfast. Eat a breakfast that helps you meet your food group needs. People who skip breakfast often weigh more. Eating a nutrient-dense breakfast may help you lose weight and keep it off



Reference: USDA

Monday



Tuesday

Wednesday

Thursday

Friday

Chicken Biscuit
Cereal/Pop Tart
Fruit

5

Breakfast Pizza
Cereal/Pop Tart
Fruit

6

Cinna Mini
Cereal/Pop Tart
Fruit

7

French Toast Sticks
Cereal/Pop Tart
Fruit

1

Mini Pancake/Sausage
Cereal/Pop Tart
Fruit

2

Fall Holiday

12

Bacon-Egg-Cheese
Biscuit
Cereal/Pop Tart
Fruit

13

Mini Pancake/Sausage
Cereal Pop Tart
Fruit

14

Pancake on Stick
Cereal/Pop Tart
Fruit

8

Scrambled Eggs/Sausage
Toast
Cereal/Toast
Fruit

9

Breakfast Burrito
Cereal/Pop Tart
Fruit

15

Grits/Sausage/Toast
Cereal/Toast
Fruit

16

Sausage Biscuit
Cereal/Pop Tart
Fruit

19

French Toast Stick
Cereal/Pop Tart
Fruit

20

Cinna Mini
Cereal/Pop Tart
Fruit

21

Breakfast Pizza
Cereal/Pop Tart
Fruit

22

Mini Pancake/Sausage
Cereal/Pop Tart
Fruit

23

Chicken Biscuit
Cereal/Pop Tart
Fruit

26

Breakfast Burrito
Cereal/Pop Tart
Fruit

27

Pancake on Stick
Cereal/Pop Tart
Fruit

28

Sausage Biscuit
Cereal/Pop Tart
Fruit

29

Grits/Sausage/Toast
Cereal/Toast
Fruit

30