

September 2019

Resurrection Catholic Elementary School

BREAKFAST



Nutrition Tip: September is Whole Grains Month! Aim to make at least half your grains whole grains. Look for the words “100% whole grain” or “100% whole wheat” on the food label. Whole grains provide more nutrients, like fiber, than refined grains. **This institution is an equal opportunity provider and employer.**



Reference: USDA MyPlate

Monday

Tuesday

Wednesday

Thursday

Friday

LABOR DAY

2

French Toast Sticks
Cereal/Toast
Fruit

3

Cinna Mini
Cereal/Toast
Fruit

4

Breakfast Burrito
Cereal/Toast
Fruit

5

Scrambled Eggs
Bacon/Toast
Cereal/Toast
Fruit

6

Sausage Biscuit
Cereal/Toast
Fruit

9

Mini Pancake/Sausage
Cereal/Toast
Fruit

10

Breakfast Pizza
Cereal/Toast
Fruit

11

French Toast Stick
Cereal/Toast
Fruit

12

Grits/Sausage/Toast
Cereal/Toast
Fruit

13

Chicken Biscuit
Cereal/Toast
Fruit

16

Pancake On Stick
Cereal/Toast
Fruit

17

Breakfast Burrito
Cereal/Toast
Fruit

18

Cinna Mini
Cereal/Toast
Fruit

19

French Toast Sticks
Cereal/Toast
Fruit

20

Bacon-Egg-Cheese
Biscuit
Cereal/Toast
Fruit

23

Mini Pancake/Sausage
Cereal/Toast
Fruit

24

Breakfast Pizza
Cereal/Toast
Fruit

25

Scrambled Eggs
Bacon/Toast
Cereal/Toast
Fruit

26

Grits/Sausage/Toast
Cereal/Toast
Fruit

27

Sausage Biscuit
Cereal/Toast
Fruit

30

