

September 2020

EVERGREEN JH 5-8

BREAKFAST



2 Choices of Milk offered for 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.



Monday

AUGUST 31

Cereal
Pop Tarts
Fruit

Tuesday

Breakfast Burrito
Teddy Grahams
Fruit
Juice

Wednesday

Cereal
Strawberry Smoothies
Fruit

Thursday

French Toast w/
Syrup
Fruit
Juice

Friday

Blueberry Bagels
w/ Cream Cheese &
Jelly
Fruit

HOLIDAY

Breakfast Sandwich
Fruit
Juice

Cereal
Healthy Oranges Smoothies
Fruit

Pancakes w/ Syrup
Sausage Links
Fruit
Juice

Pumpkin Muffins
Cheese Sticks
Fruit

Fruit Parfait:
yogurt & Grahams
Fruit

Waffles w/ Syrup
Fruit
Juice

Oat CC Bars
Purple Cow Smoothies
Fruit

Biscuits & Sausage
Gravy
Critter Munch
Fruit
Juice

Cereal
Mini Donuts
Fruit
Craisins

Strawberry Mini
Bagels
Fruit

Breakfast Pizza
Fruit
Juice

Cereal
Strawberry Smoothies
Fruit

Cinnamon Rolls
Sliced Ham
Fruit
Juice

Fruit Strudel
Boiled Eggs
Fruit

Granola
Flavored Yogurt
Fruit

Egg Patty &
Sliced Cheese w/ Tortillas
Fruit
Juice

Cereal
Peanut Butter Banana
Smoothies
Fruit

