

# September 2017 ARCHBISHOP WALSH / STCS ALL SCHOOL

## BREAKFAST



**School Information:** WE OFFER FAT FREE CHOCOLATE, & 1 % MILK. ALL BREAKFAST COME WITH CANNED FRUIT OR FRESH FRUIT AND MILK.



**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.



### Monday



### Tuesday



### Wednesday



### Thursday

### Friday

NO SCHOOL

1

NO SCHOOL  
LABOR DAY

4

2 OZ. ASSORTED MUFFIN 5  
1 C FRESH OR CANNED FRUIT  
8 OZ. 1% MILK OR  
8 OZ. LOW FAT CHOCOLATE MILK

2 OZ. ENGLISH MUFFIN 6  
SAUSAGE PATTY  
1 C FRUIT  
8 OZ. 1% MILK  
8 OZ. LOW FAT CHOC MILK

2 OZ. FRENCH TOAST 7  
STICKS  
1 C FRUIT  
8 OZ. 1% MILK  
8 OZ. LOW FAT CHOCOLATE MILK

2 OZ. CEREAL 8  
1 C FRUIT  
8 OZ. 1% MILK OR  
8 OZ. LOW FAT CHOCOLATE MILK

2 OZ. CINNAMON ROLLS 11  
1 C FRUIT  
8 OZ. MILK

2 OZ. BAGEL W / 1 OZ. 12  
JELLY OR CREAM CHEESE  
1 C FRUIT  
8 OZ. 1% MILK OR  
8 OZ. LOW FAT CHOCOLATE MILK

2 OZ. ASSORTED BREAKFAST 13  
BARS  
1 C FRUIT  
8 OZ. 1% MILK OR  
8 OZ. CHOCOLATE MILK

2 OZ. CEREAL 14  
1 C FRUIT  
8 OZ. 1% MILK OR  
8 OZ. LOW FAT CHOCOLATE MILK

2 OZ. CEREAL 15  
1 C FRUIT  
8 OZ. 1% MILK OR  
8 OZ. LOW FAT CHOCOLATE MILK

OZ

2 OZ. CINNAMON ROLLS 18  
1 C FRUIT  
8 OZ. 1% MILK OR  
8 OZ. LOW FAT CHOCOLATE MILK

2 OZ. BAGEL W / 1 OZ. CREAM 19  
CHEESE OR JELLY  
1 C FRUIT  
8 OZ. 1% MILK OR  
8 OZ. LF CHOCOLATE MILK

2 OZ. ASSORTED MUFFIN 20  
1 C FRUIT  
8 OZ. 1% MILK OR  
8 OZ. LF CHOCOLATE MILK

2 OZ. BURREMILK BISCUIT W/ 21  
1 OZ. HONEY OR JELLY  
1 C FRUIT  
8 OZ. 1% MILK OR  
8 OZ. LF CHOCOLATE MILK

2 OZ. CEREAL 22  
1 C FRUIT  
8 OZ. 1% MILK OR  
8 OZ. LF CHOCOLATE MILK

2 OZ. DONUTS 25  
1 C FRUIT  
8 OZ. 1% MILK OR  
8 OZ. LF CHOCOLATE MILK

2 OZ. ASSORTED MUFFIN 26  
1 C FRUIT  
8 OZ. 1% MILK OR  
8 OZ. LF CHOCOLATE MILK

2 OZ. ENGLISH MUFFIN 27  
2 OZ. SAUSAGE PATTY  
1 C FRUIT  
8 OZ. 1% MILK OR  
8 OZ. LF CHOCOLATE MILK

2 OZ. ASSORTED BREAKFAST 28  
BARS  
1 C FRUIT  
8 OZ. 1% MILK OR  
8 OZ. LF CHOCOLATE MILK

2 OZ. CEREAL 29  
1 C FRUIT  
8 OZ. 1% MILK OR  
8 OZ. LF CHOCOLATE MILK