



October 2020: Breakfast



NUTRITION TIP: Practice stealth health—sneak veggies into favorite foods. Go light on the meat and top the pizza with vegetables like tomatoes, onions, mushrooms, bell peppers and artichoke hearts

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				01 Sausage Egg Biscuit Fruit 1% Milk LF Chocolate Milk	02 Pumpkin Pancakes W/ Syrup Fruit 1% Milk	
	05 Breakfast Pizza fruit 1% Milk LF Chocolate Milk	06 Scrambled eggs and bacon Fruit 1% Milk LF Chocolate Milk	07 Breakfast Sandwich Fruit 1% Milk LF Chocolate Milk	08 Sausage Egg Biscuit Fruit 1% Milk LF Chocolate Milk		
		13 French Toast Fruit 1% Milk LF Chocolate Milk	14 Bagel Sandwich Fruit 1% Milk LF Chocolate Milk	15 Sausage Egg Biscuit Fruit 1% Milk LF Chocolate Milk	16 Pumpkin Pancakes W/ Syrup Fruit 1% Milk	
	19 Breakfast Pizza fruit 1% Milk LF Chocolate Milk	20 Scrambled eggs and bacon Fruit 1% Milk	21 Breakfast Sandwich Fruit 1% Milk LF Chocolate Milk	22 Sausage Egg Biscuit Fruit 1% Milk LF Chocolate Milk	23 Oatmeal w fruit Fruit 1% Milk LF Chocolate Milk	
	26 Breakfast Pizza fruit 1% Milk LF Chocolate Milk	27 French Toast Fruit 1% Milk LF Chocolate Milk	28 Bagel Sandwich Fruit 1% Milk LF Chocolate Milk	29 Sausage Egg Biscuit Fruit 1% Milk LF Chocolate Milk	30 Pumpkin Pancakes W/ Syrup Fruit 1% Milk	