

September 2018

ARCHBISHOP WALSH / STCS

BREAKFAST



A LA CARTE ITEMS, SNACKS AND DRINKS ARE SOLD SEPERATE FROM MEAL MENU..



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

NO SCHOOL
LABOR DAY

3

Tuesday

ASSORTED MUFFINS
FRUIT
1% MILK OR
LF CHOCOLATE MILK

4

Wednesday

BAGEL W / CREAM
CHEESE OR JELLY
FRUIT
1% MILK OR LF CHOCOLATE
MILK

5

Thursday

FRENCH TOAST
STICKS W / SYRUP
FRUIT
1% MILK OR
LF CHOCOLATE MILK

6

Friday

ASSORTED CEREAL
FRUIT
1% MILK OR
LF CHOCOLATE MILK

7

BUTTERMILK BISCUIT
W/ HONEY OR JELLY
FRUIT
1% MILK OR
LF CHOCOLATE MILK

10

ASSORTED BREAKFAST
BARS
FRUIT
1% MILK
LF CHOCALATE MILK

11

SCRAMBLED EGGS
SAUSAGE PATTY
FRUIT
1% MILK OR
LF CHOCOLATE MILK

12

FRENCH TOAST STICKS
W / SYRUP
FRUIT
1% MILK OR
LF CHOCOLATE MILK

13

ASSORTED CEREAL
FRUIT
1% MILK OR
LF CHOCOLATE MILK

14

ASSORTED MUFFINS
FRUIT
1% MILK
LF CHOCOLATE MILK

17

EGG TACOS
FRUIT
1% MILK
LF CHOCOLATE MILK

18

BREAKFAST SAND. W /
EGG & CHEESE
FRUIT
1 % MILK
LF CHOCOLATE MILK

19

ASSORTED BREAKFAST
BARS
FRUIT
1% MILK
LF CHOCOLATE MILK

20

ASSORTED CEREAL
FRUIT
1% MILK OR
LF CHOCOLATE MILK

21

BUTTERMILK BISCUIT
FRUIT
1% MILK
LF CHOCOLATE MILK

24

BAGEL
W / JELLY OR CREAM CHEESE
FRUIT
1% MILK
LF CHOCOLATE MILK

25

FRENCH TOAST STICKS
FRUIT
1% MILK OR
LF CHOCOLTE MILK

26

SCRAMBLED EGGS
SAUSAGE PATTIES
FRUIT
1% MILK OR
LF CHOCOLATE MILK

27

ASSORTED CEREAL
FRUIT
1% MILK OR
LF CHOCOLATE MILK

28

