

October 2017

Elizabeth City Schools

BREAKFAST



School Information: Cereal, Graham Crackers or Cereal Bar Offered Daily



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

Waffle
Juice
Peach Slices
Milk **2**

Sausage Biscuit
Juice
Peach Slices
Milk **3**

Pancake on a Stick, **4**
Fresh Fruit, Select Fruit,
Juice
Milk

***NEW** **5**
Sandwich Pancake
& Chicken, Fresh Fruit,
Select Fruit, Juice
Milk

Muffin, Fresh Fruit, **6**
Select Fruit, Juice
Milk

Breakfast Pizza **9**
Juice
Applesauce
Milk

Pop Tart **10**
Juice
Sliced Pears
Milk

***NEW** **11**
Bagel w/Strawberry
Cream Cheese, Juice
Applesauce
Milk

French Toast Sticks, **12**
Juice
Pineapple Chunks
Milk

Breakfast Bun, **13**
Juice,
Applesauce
Milk

Waffle **16**
Juice
Peach Slices
Milk

Sausage Biscuit **17**
Juice
Peach Slices
Milk

Pancake on a Stick, **18**
Fresh Fruit, Select Fruit,
Juice
Milk

***NEW** **19**
Sandwich Pancake
& Chicken, Fresh Fruit,
Select Fruit, Juice
Milk

Muffin, Fresh Fruit, **20**
Select Fruit, Juice
Milk

Breakfast Pizza **23**
Juice
Applesauce
Milk

Pop Tart **24**
Juice
Sliced Pears
Milk

***NEW** **25**
Bagel w/Strawberry
Cream Cheese, Juice
Applesauce
Milk

French Toast Sticks, **26**
Juice
Pineapple Chunks
Milk

Breakfast Bun, **27**
Juice,
Applesauce
Milk

Waffle **30**
Juice
Peach Slices
Milk

Sausage Biscuit **31**
Juice
Peach Slices
Milk

