

# EAST BERNSTADT INDPENDENT SCHOOL

Students Must Choose ½ cup fruit daily at Breakfast.

Served Daily:

Milk Choices: 1% Unflavored Milk, Fat-Free Unflavored Milk,  
Fat- Free Flavored Milk

Fruit/Juice Choices: Orange Juice, Fresh Fruit, Fruit Cup

Student Breakfast Price

**\$0.00**

Adult Breakfast Price

**\$2.50**

**Menu is subject to change based on available food items.**

## BREAKFAST Menu

## August-December 2018

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b>	BISCUIT, EGG, BACON GRAVY CEREAL & TOAST WG POPTARTS	PANCAKE/SAUSAGE ON STICK CEREAL & TOAST YOGURT PARFAIT	PANCAKE & BACON CEREAL & TOAST WG POPTARTS	DONUT/ICING CEREAL & TOAST YOGURT PARFAIT	BREAKFAST BURRITOS CEREAL & TOAST WG POPTARTS
<b>2</b>	BISCUIT, EGG, SAUSAGE OATMEAL CEREAL & TOAST WG POPTARTS	CHICKEN & ROLL CEREAL & TOAST YOGURT PARFAIT	WAFFLES & BACON CEREAL & TOAST WG POPTARTS	DONUT/ICING CEREAL & TOAST YOGURT PARFAIT	BREAKFAST PIZZA CEREAL & TOAST WG POPTARTS
<b>3</b>	BISCUIT, EGG, BACON GRAVY CEREAL & TOAST WG POPTARTS	PANCAKE/SAUSAGE ON STICK CEREAL & TOAST YOGURT PARFAIT	PANCAKE & BACON CEREAL & TOAST WG POPTARTS	DONUT/ICING CEREAL & TOAST YOGURT PARFAIT	BREAKFAST BURRITOS CEREAL & TOAST WG POPTARTS
<b>4</b>	BISCUIT, EGG, SAUSAGE OATMEAL CEREAL & TOAST WG POPTARTS	CHICKEN & ROLL CEREAL & TOAST YOGURT PARFAIT	WAFFLES & BACON CEREAL & TOAST WG POPTARTS	DONUT/ICING CEREAL & TOAST YOGURT PARFAIT	BREAKFAST PIZZA CEREAL & TOAST WG POPTARTS

### OTHER DAILY SELECTIONS:

#### ENTREES

Breakfast Sandwich

Assorted Cereals  
W/Toast

Pop tarts

Yogurt with Granola

#### DRINKS

100% Orange Juice  
\$0.35

Milk \$0.35

Water \$0.50

### NUTRITION BITES

- Breakfast is an important source of vitamin D and calcium, providing 40% of vitamin D and 25% of calcium to children age 2 to 19<sup>1</sup>
- Cereal contributes less than 10% of calories, but over 25% of daily intake of essential nutrients and whole grain in the diets of children who eat cereal<sup>2</sup>

S	M	T	W	T	F	S
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5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

S	M	T	W	T	F	S
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16	17	18	19	20	21	22
23/ 30	24	25	26	27	28	29

S	M	T	W	T	F	S
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14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

S	M	T	W	T	F	S
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25	26	27	28	29	30	

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23/ 30	24/ 31	25	26	27	28	29

Week 1 Meal Plan ■ Week 2 Meal Plan ■ Week 3 Meal Plan ■ Week 4 Meal Plan ■