

# EAST BERNSTADT INDEPENDENT SCHOOL

Students Must Choose ½ cup fruit daily at Breakfast.

Served Daily:

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

1% Flavored Milk, Fat-Free Flavored Milk

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

Student Breakfast Price **\$0.00**

Adult Breakfast Price **\$3.00**

Menu is subject to change based on available food items.

## BREAKFAST MENU August – December 2022

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b>	BISCUIT, EGG, BACON, GRAVY	DONUT / ICING	PANCAKE & BACON	BREAKFAST PIZZA	BISCUIT, EGG, SAUSAGE, GRAVY
	CEREAL & TOAST	CEREAL & TOAST	CEREAL & TOAST	CEREAL & TOAST	CEREAL & TOAST
	WG POPTARTS	YOGURT PARFAIT	WG POPTARTS	YOGURT PARFAIT	WG POPTARTS
<b>2</b>	BISCUIT, EGG, SAUSAGE, GRAVY	DONUT / ICING	FRENCH TOAST STICKS & BACON	CHICKEN & BISCUIT	BISCUIT, EGG, BACON, GRAVY
	CEREAL & TOAST	CEREAL & TOAST	CEREAL & TOAST	CEREAL & TOAST	CEREAL & TOAST
	WG POPTARTS	YOGURT PARFAIT	WG POPTARTS	YOGURT PARFAIT	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>

August 2022

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	24	25	26	27
28	29	30	31			

September 2022

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	24
25	26	27	28	29	30	

October 2022

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

November 2022

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	24	25	26
27	28	29	30			

December 2022

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	24
25	26	27	28	29	30	31