

EAST BERNSTADT INDEPENDENT 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 January – May 2020

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	BISCUIT, EGG, BACON, GRAVY CEREAL & TOAST WG POPTARTS	PANCAKES/SAUSAGE ON STICK CEREAL & TOAST YOGURT PARFAIT	PANCAKES & BACON CEREAL & TOAST WG POPTARTS	DONUT/ICING CEREAL & TOAST YOGURT PARFAIT	BREAKFAST BURRITOS CEREAL & TOAST WG POPTARTS
2	BISCUIT, EGG, SAUSAGE, GRAVY CEREAL & TOAST WG POPTARTS	CHICKEN & BISCUIT CEREAL & TOAST YOGURT PARFAIT	FRENCH TOAST STICKS & BACON CEREAL & TOAST WG POPTARTS	DONUT/ICING CEREAL & TOAST YOGURT PARFAIT	BREAKFAST PIZZA CEREAL TOAST WG POPTARTS
3	BISCUIT, EGG, BACON, GRAVY CEREAL & TOAST WG POPTARTS	PANCAKE/SAUSAGE ON STICK CEREAL & TOAST YOGURT PARFAIT	PANCAKES & BACON CEREAL & TOAST WG POPTARTS	DONUT/ICING CEREAL & TOAST YOGURT PARFAIT	BREAKFAST BURRITOS CEREAL & TOAST WG POPTARTS
4	BISCUIT, EGG, SAUSAGE, GRAVY CEREAL & TOAST WG POPTARTS	CHICKEN & BISCUIT CEREAL & TOAST YOGURT PARFAIT	FRENCH TOAST STICKS & 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 19¹
- 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 cereal²

January 2020

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	

February 2020

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

March 2020

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				

April 2020

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		

May 2020

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