

EAST BERNSTADT INDEPENDENT SCHOOL

MENU SUBJECT TO CHANGE
 School Breakfast and Lunch Programs are facing extreme difficulties with the food supply chain at this time. Menu changes may occur without notice.

Student Breakfast Price: \$0.00
Adult Breakfast Price: \$2.75
Students Must Choose ½ cup fruit daily at Breakfast. Served Daily: Variety of Milk, Fruit/Juice
Choices: Orange Juice, Fresh Fruit, Fruit Cup

BREAKFAST MENU

August-December 2021

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	BISCUIT, EGG, BACON	CHICKEN & ROLL	MINI PANCAKE WRAP	DONUT	BREAKFAST PIZZA
	CEREAL & TOAST WG POPTARTS	CEREAL & TOAST YOGURT PARFAIT	CERAL & TOAST WG POPTARTS	CEREAL & TOAST YOGURT PARFAIT	CEREAL & TOAST WG POPTARTS
2	BISCUIT, EGG, SAUSAGE	CHICKEN & ROLL	MINI PANCAKE	CINN. ROLL	BREAKFAST PIZZA
	CEREAL & TOAST WG POPTARTS	CEREAL & TOAST YOGURT PARFAIT	CERAL & TOAST WG POPTARTS	CEREAL & TOAST YOGURT PARFAIT	CEREAL & TOAST WG POPTARTS

OTHER DAILY:

ENTREES

Breakfast Items:

Assorted Cereals
W/Toast

Poptarts

Yogurt with Granola

DRINKS

100% Orange Juice
\$0.35

Milk
\$0.35

Water
\$1.00

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

S	M	T	W	T	F	S
	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				

S	M	T	W	T	F	S
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12	13	14	15	16	17	18
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S	M	T	W	T	F	S
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S	M	T	W	T	F	S
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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	



Week 1 Meal Plan



Week 2 Meal Plan



NO SCHOOL