

October 2017

Type Your School Name Here

BREAKFAST



School Information: METAMORA GRADE SCHOOL



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

Cereal, Toast

2

Fruit Choices

Milk

Tuesday

French Toast Sticks OR

3

Cereal, Toast

Fruit Choices, Milk

Wednesday

Cereal, Toast

4

Fruit Choices

Milk

Thursday

Yogurt & Granola OR

5

Cereal, Toast

Fruit Choices, Milk

Friday

NO SCHOOL

6

TEACHERS INSTITUTE

NO SCHOOL

9

COLUMBUS DAY

Egg Poppers OR Cereal

10

Toast, Fruit Choices

Milk

Cereal, Toast

11

Fruit Choices

Milk

Yogurt & Granola OR

12

Cereal, Toast

Fruit Choices, Milk

Cereal, Toast

13

Fruit Choices

Milk

Cereal, Toast

16

Fruit Choices

Milk

Cinnamon Roll OR

17

Cereal, Toast

Fruit Choices, Milk

Cereal, Toast

18

Fruit Choices

Milk

Yogurt & Granola OR

19

Cereal, Toast

Fruit Choices, Milk

Cereal, Toast

20

Fruit Choices

Milk

Cereal, Toast

23

Fruit Choices

Milk

Mini Cinnamon Bagels OR

24

Cereal, Toast

Fruit Choices, Milk

Cereal, Toast

25

Fruit Choices

Milk

NO SCHOOL

26

TEACHER PARENT

CONFERENCES

NO SCHOOL

27

TEACHER PARENT

CONFERENCES

Cereal, Toast

30

Fruit Choices

Milk

Eggs & Bacon OR Cereal,

31

Toast, Fruit Choices

Milk

