

January 2019

BONIFAY K – 8

BREAKFAST



SERVED DAILY: MILK, FRUIT, ORANGE JUICE, AND CONDIMENTS AS NEEDED.



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



Tuesday

Wednesday

Thursday

Friday

CHRISTMAS BREAK
NO SCHOOL

1

CHRISTMAS BREAK
NO SCHOOL

2

CHRISTMAS BREAK
NO SCHOOL

3

CHRISTMAS BREAK
NO SCHOOL

4

Blueberry Waffle
Assorted Cereal

7

Sausage Biscuit
Assorted Pop Tarts
w/ Graham Cracker

8

Muffins
Assorted Cereal

9

Yogurt w/ Granola
Assorted Pop Tarts
w/ Graham Cracker

10

Cinnamon Roll
Assorted Cereal

11

Breakfast Pizza
Assorted Cereal

14

Breakfast Burrito
Assorted Pop Tarts
w/ Graham Crackers

15

Pancake Pup
Assorted Cereal

16

Dutch Waffle
Assorted Pop Tarts
w/ Graham Cracker

17

Cinnamon Roll
Assorted Cereal

18

NO SCHOOL

21

Chicken Croissant
Assorted Pop Tarts
w/ Graham Cracker

22

Yogurt w/ Granola
Assorted Pop Tarts
w/ Graham Cracker

23

Ham, Egg, Cheese Wrap
Assorted Pop Tarts
w/ Graham Cracker

24

Cinnamon Roll
Assorted Cereal

25

Mini Maple Pancakes
Assorted Cereal

28

Biscuit & Gravy
Assorted Pop Tarts
w/ Graham Cracker

29

Oats & Honey Bar
Assorted Cereal

30

Breakfast Pizza
Assorted Pop Tarts
w/ Graham Cracker

31

