

August 2019

BONIFAY K-8

BREAKFAST



Nutrition Tip: Drink water! Sip water or other drinks with few or no calories to help maintain a healthy weight. Keep a water bottle in your bag or at your desk to satisfy your thirst throughout the day.

Reference: USDA MyPlate



Monday



Tuesday

Wednesday

Thursday

Friday

5

6

7

1

2

8

9

Mini Strawberry Bagels **12**
Asst. Pop Tart
Orange Juice
Milk
Fresh Fruit

Chicken Croissant **13**
Asst. Cereal
Orange Juice
Milk
Fresh Fruit

Apple Frudel **14**
Asst. Cereal
Orange Juice
Milk
Fresh Fruit

Breakfast Wrap **15**
Asst. Cereal
Orange Juice
Milk
Fresh Fruit

Cinnamon Roll **16**
Asst. Pop Tart
Orange Juice
Milk
Fresh Fruit

Mini Pancakes **19**
Asst. Pop Tart
Orange Juice
Milk
Fresh Fruit

Southwest Sliders **20**
Asst. Cereal
Orange Juice
Milk
Fresh Fruit

Asst. Pop Tart **21**
Asst. Cereal
Orange Juice
Milk
Fresh Fruit

Breakfast Pizza **22**
Asst. Cereal
Orange Juice
Milk
Fresh Fruit

Cinnamon Roll **23**
Asst. Cereal
Orange Juice
Milk
Fresh Fruit

Blueberry Waffles **26**
Asst. Pop Tart
Orange Juice
Milk
Fresh Fruit

Sausage Biscuit **27**
Asst. Cereal
Orange Juice
Milk
Fresh Fruit

Scones **28**
Asst. Cereal
Orange Juice
Milk
Fresh Fruit

Apple Frudel **29**
Asst. Cereal
Orange Juice
Milk
Fresh Fruit

Cinnamon Roll **30**
Asst. Pop Tart
Orange Juice
Milk
Fresh Fruit