

September 2017

BONIFAY K - 8

BREAKFAST



SERVED DAILY: Milk, Orange Juice, and Fruit. 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



NO SCHOOL

4

Tuesday

Pancake Pup
Assorted Cereal

5

Wednesday



Blueberry Waffles
Yogurt w/ Granola

6

Thursday

Cinnamon Roll
Assorted Cereal

7

Friday

Muffins
Assorted Cereal

1

Chicken Biscuit
Assorted Cereal

11

Yogurt w/ Granola
Pop Tart w/ Goldfish

12

Breakfast Pizza
Cinnamon Toast Bar w/
Goldfish

13

French Toast Sticks
Assorted Cereal

14

Mini Cinnamon Rolls
Pop Tart w/ Goldfish

15

Biscuit & Gravy
Assorted Cereal

18

Mini Chocolate Chip
French Toast
Assorted Cereal

19

Muffins
Pop Tart w/ Goldfish

20

Mini Pancakes
Assorted Cereal

21

Oats & Honey
Pop Tart w/ Goldfish

22

Sausage Biscuit
Assorted Cereal

25

Pancake Pup
Pop Tart w/ Goldfish

26

Blueberry Waffles
Yogurt w/ Granola

27

Cinnamon Roll
Assorted Cereal

28

Blueberry Parfait
Cinnamon Toast Bar w/
Goldfish

29