

AUGUST 2021

BONIFAY K - 8

BREAKFAST



**SERVED DAILY: MILK, FRUIT, AND
CONDIMENTS AS NEEDED.**



Nutrition Tip: Drink water! Sip water or other drinks with few or no calories to stay hydrated and 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

NO SCHOOL

2

TUESDAY

**National Watermelon
Day**
NO SCHOOL

3

WEDNESDAY

NO SCHOOL

4

THURSDAY

**National Root Beer
Float Day**
NO SCHOOL

5

FRIDAY

NO SCHOOL

6

NO SCHOOL

9

NO SCHOOL

10

Powdered Donuts
Assorted Pop Tart
Orange Juice
Fruit
Milk

11

Pancake Pup
Assorted Pop Tart
Orange Juice
Fruit
Milk

12

Cinnamon Rolls
Assorted Cereal
Orange Juice
Fruit
Milk

13

Powdered Donuts
Assorted Cereal
Orange Juice
Fruit
Milk

16

Grits & Eggs
Assorted Cereal
Orange Juice
Fruit
Milk

17

Sausage Biscuit
Assorted Pop Tart
Orange Juice
Fruit
Milk

18

Dutch Waffle
Assorted Pop Tart
Orange Juice
Fruit
Milk

19

Cinnamon Rolls
Assorted Cereal
Orange Juice
Fruit
Milk

20

Assorted Pop Tart
Assorted Cereal
Orange Juice
Fruit
Milk

23

French Toast Sticks
Assorted Pop Tart
Orange Juice
Fruit
Milk

24

Pancake Sandwich
Assorted Cereal
Orange Juice
Fruit
Milk

25

Cheese Grits
Assorted Cereal
Orange Juice
Fruit
Milk

26

Cinnamon Rolls
Assorted Cereal
Orange Juice
Fruit
Milk

27

Powdered Donuts
Assorted Cereal
Orange Juice
Fruit
Milk

Sausage Biscuit
Assorted Cereal
Orange Juice
Fruit
Milk

31

