

October 2017

Birchwood School District

BREAKFAST



This institution is an equal opportunity provider and employer.



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

Cereal
Fruit
Juice
Milk **2**

Blueberry Muffins
Fruit
Juice
Milk **3**

Fruit Crunch Bar
Fruit
Juice
Milk **4**

Mini Pancakes
Fruit
Juice
Milk **5**

WG Donut
Fruit
Juice
Milk **6**

5-12 Breakfast Pizza

5-12 Pancakes

Elf Graham
String Cheese
Fruit
Juice
Milk **9**

Bagel
Peanut Butter
Fruit
Juice
Milk
5-12 Sausage/Egg/Bagel
Breakfast Sandwich **10**

Cereal
Fruit
Juice
Milk **11**
5-12 also toast

Pop Tart
Fruit
Juice
Milk **12**

Pancake on a Stick
Fruit
Juice
Milk **13**

Cereal
Fruit
Juice
Milk **16**
5-12 also toast

Mini Waffles
Fruit
Juice
Milk **17**
5-12 Pancakes

Cinnamon Breakfast
Square
Fruit
Juice
Milk **18**

Granola Bar/Yogurt
Fruit
Juice
Milk **19**
5-12-Build your Own Yogurt
Parfait

Apple Frudel
Fruit
Juice
Milk **20**

Goldfish Bread and
Peanut Butter
Fruit
Juice
Milk **23**

Cereal
Fruit
Juice
Milk
5-12 also toast **24**

Biscuits/Jelly
Fruit
Juice
Milk **25**
5-12 Sausage Gravy

Cereal
Fruit
Juice
Milk **26**
5-12 Hot Oatmeal with choice of
toppings

Cinnamon Roll
Fruit
Juice
Milk **27**

Cereal
Fruit
Juice
Milk **30**

Banana Muffins
Fruit
Juice
Milk **31**





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Monday

Beef Gravy
Mashed Potato
Warm Dinner Roll
Green Beans
Fruit Variety
Choice of Milk **2**

Tuesday

Chicken Patty on
WG Bun
French Fries
Green Peas
Fruit Variety
Choice of Milk **3**

Wednesday

BBQ Pulled Pork
WG Bun
Baked Beans
Sweet Potato Medley
Fruit Variety
Choice of Milk **4**

Thursday

Chicken Teriyaki
Seasoned Noodles
Steamed Broccoli Crowns
Carrot Coins
Fruit Variety
Choice of Milk **5**

Friday

Chicken Alfredo Flatbread
Garden Salad
Fresh Cut Veggies/Ranch
Fruit Variety
Choice of Milk **6**

Hamburger on a
WG Bun
Lettuce/Tomato/Cheese
French Fries
Fruit Variety
Choice of Milk **9**

Super Nacho
Refried Beans/Salsa
Corn
Fruit Variety
Choice of Milk **10**

Chicken Fajita
Peppers and Onion Blend
Salsa
Green Beans
Fruit Variety
Choice of Milk
Mini Ice Cream Sandwich **11**

Chicken Wrap
Carrot Sticks/Cherry Tomato
Celery/Cucumber Slices
Fruit Variety
Choice of Milk **12**

Hot Ham and Cheese on
WG Bun
Baked Beans
Cole Slaw
Fruit Variety
Choice of Milk **13**

Chicken Nuggets
Sweet Potato Puffs
Baked Beans
Fruit Variety
Choice of Milk
Cookie **16**

Pancakes
Sausage
Tri Tatar
Green Beans
Fruit Variety
Choice of Milk **17**

Mini Corn Dogs
Garden Salad
Cut Veggies/Ranch
Fruit Variety
Choice of Milk **18**

Orange Chicken
Rice
Steamed Broccoli Crowns
Carrot Coins
Fruit Variety
Choice of Milk **19**

Mozzarella Dippers
Marinara Sauce
Peas and Carrot Blend
Fruit Variety
Choice of Milk **20**

Lasagna Roll Ups
Breadstick
Broccoli
Fruit Variety
Choice of Milk **23**

Taco
Lettuce/Tomato/Cheese
Salsa
Refried Beans
Fruit Variety
Choice of Milk **24**

Toasted Cheese Sandwich
Cooks Choice Soup Variety
Carrot and Peas Blend
Fruit Variety
Choice of Milk **25**

Tatar Tot Hot dish
Warm Dinner Roll
Corn
Green Beans
Fruit Variety
Choice of Milk **26**

Pizza
Carrots/Tomato
Side Salad
Fruit
Choice of Milk
Low Fat ice Cream Cup **27**

Meatball Sub Sandwich
Broccoli
Carrot Coins
Fruit Variety
Choice of Milk **30**

Chicken Nuggets
Roasted Red Potatoes
Baked Beans
Fruit Variety
Choice of Milk **31**

