

October 2018

Birchwood School District

BREAKFAST



This institution is an equal opportunity provider.



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

Apple Muffin
String Cheese
Fruit
Juice
Milk

1

Cereal/Grahams
Fruit
Juice
Milk
Commons-String Cheese,
Yogurt, Crackers, Bars

2

English Muffin Sandwich
Fruit
Juice
Milk

3

Cherry Frudel
Fruit
Juice
Milk

4

Mini Donuts
Fruit
Juice
Milk

5

Granola Bar/Gogurt
Fruit
Juice
Milk
Commons-Omelet/Toast

8

Breakfast Pizza Boat
Fruit
Juice
Milk

9

Annie's Bunnies
Gogurt
Fruit
Juice
Milk

10

Cereal/Grahams
Fruit
Juice
Milk
Commons-String Cheese,
Yogurt, Crackers, Bars

11

Mini Waffles
Fruit
Juice
Milk

12

Cereal/Grahams
Fruit
Juice
Milk
Commons-String Cheese,
Yogurt, Crackers, Bars

15

Blueberry Muffin
Cheese Stick
Fruit
Juice
Milk

16

Pancake on a Stick
Fruit
Juice
Milk

17

Fruit Crunch Bar
Fruit
Juice
Milk

18

Apple Frudel
Fruit
Juice
Milk

19

Elf Graham/Yogurt
Fruit
Juice
Milk
Commons-Build your own
Yogurt Parfait

22

Cereal/Grahams
Fruit
Juice
Milk
Commons-String Cheese,
Yogurt, Crackers, Bars

23

Mini Pancakes
Fruit
Juice
Milk

24

Cereal/Grahams
Fruit
Juice
Milk
Commons-String Cheese,
Yogurt, Crackers, Bars

25

Raised Donut
Fruit
Juice
Milk

26

Cinnamon Breakfast
Square
Fruit
Juice
Commons-Eggs and Toast

29

Egg and Cheese Wrap
Fruit
Juice
Milk

30

Cereal/Grahams
Fruit
Juice
Milk
Commons-String Cheese,
Yogurt, Crackers, Bars

31





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Monday

Tuesday

Wednesday

Thursday

Friday

Cheeseburger
On WG Bun
Lettuce/tomato
Sweet Potato Medley
Fruit Variety
Choice of Milk

1

Hotdog on
WG Bun
Baked Beans
Corn
Fruit Variety
Choice of Milk

2

Chicken Alfredo
Breadstick
Broccoli
Fruit Variety
Choice of Milk

3

Pancakes
Sausage
Tri Tater
Carrot Coins
Fruit Variety
Choice of Milk

4

Calzone
Side Salad
Cut Veggies
Fruit Variety
Choice of Milk

5

Corn Dogs
Cole Slaw
Baked Beans
Fruit Variety
Choice of Milk

8

Beef and Cheese Burrito
Spanish Rice
Corn
Sweet Potato Bites
Fruit Variety
Choice of Milk

9

Baked Potato Bar
Diced Ham/Cheese/Sour Cream
Green beans
Rolls
Fruit Variety
Choice of Milk

10

Chicken Fajita
Lettuce/Sour Cream
Peppers and Onion Blend
Salsa/ Steamed Corn
Fruit Variety
Choice of Milk

11

Mozzarella Dippers
Marinara
Broccoli
Fruit Variety
Choice of Milk

12

Chicken Patty
WG Bun
Corn
Green Beans
Fruit Variety
Choice of Milk

15

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

16

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

17

BBQ Pulled Pork on
WG Bun
Baked Beans
Salad/Cut Veggies
Fruit Variety
Choice of Milk

18

PB & J Uncrustable
Cut Veggies /Ranch Dip
Apple Slices
Choice of Milk
String Cheese
HS-Sunchips

19

Toasted Cheese Sandwich
Tomato Soup
Green Beans
Fruit Variety
Choice of Milk

22

Super Nacho- Chips
Taco Meat /Cheese Sauce
Refried Beans/Salsa
Corn
Fruit Variety
Choice of Milk

23

Spaghetti w/Meatsauce
Broccoli
Carrot Coins
Fruit Variety
Choice of Milk
HS-Mozzarella Dipper

24

Ham Sub on WG Roll
Lettuce/Tomato/Cheese
Carrot Sticks-Ranch
Fruit Variety
Choice of Milk

25

Pizza
Garden Salad
Fresh Cut Veggies
Fruit
Choice of Milk

26

Chicken Nuggets
Sweet Potato Bites
Green Beans
Fruit Variety
Choice of Milk
HS COOKIE

29

Tater Tot Hot dish
Warm Dinner Roll
Corn
Green Beans
Fruit Variety
Choice of Milk

30

Turkey and Cheese Sub
Garden Salad
Fresh Cut Veggies
Fruit Variety
Choice of Milk
HS MS COOKIE

31

