

October 2020

MENLO ELEMENTARY SCHOOL

BREAKFAST



Cafeteria Manager, Patricia Bentley

Menu is subject to change.



Nutrition Tip: Start with breakfast. Eat a breakfast that helps you meet your food group needs. People who skip breakfast often weigh more. Eating a nutrient-dense breakfast may help you lose weight and keep it off



USDA is an equal opportunity provider, employer, and lender.

Reference: USDA MyPlate

Monday

Tuesday

Wednesday

Thursday

Friday



VIRTUAL LEARNING DAY 5
Meal Delivery: 11 AM-12 PM
OR
Meal Pick Up: 12 PM-1 PM

Chicken Biscuit OR
Egg & Cheese Biscuit OR
Toast & Cereal
Fruit
Milk/Juice

Breakfast Pizza OR
Muffin OR
Toast & Cereal
Fruit
Milk/Juice

Syrup Day OR
Pop-tarts OR
Toast & Cereal
Fruit
Milk/Juice

Gravy Biscuit OR
Bacon & Egg Biscuit OR
Toast & Cereal
Fruit
Milk/Juice

VIRTUAL LEARNING DAY 12
Meal Delivery: 11 AM-12 PM
OR
Meal Pick Up: 12 PM-1 PM

Chicken Biscuit OR
Egg & Cheese Biscuit OR
Toast & Cereal
Fruit
Milk/Juice

Breakfast Pizza OR
Muffin OR
Toast & Cereal
Fruit
Milk/Juice

Syrup Day OR
Pop-tarts OR
Toast & Cereal
Fruit
Milk/Juice

Gravy Biscuit OR
Bacon & Egg Biscuit OR
Toast & Cereal
Fruit
Milk/Juice

FALL BREAK

FALL BREAK

FALL BREAK

FALL BREAK

FALL BREAK

VIRTUAL LEARNING DAY 19
Meal Delivery: 11 AM-12 PM
OR
Meal Pick Up: 12 PM-1 PM

Chicken Biscuit OR
Egg & Cheese Biscuit OR
Toast & Cereal
Fruit
Milk/Juice

Breakfast Pizza OR
Muffin OR
Toast & Cereal
Fruit
Milk/Juice

Syrup Day OR
Pop-tarts OR
Toast & Cereal
Fruit
Milk/Juice

Gravy Biscuit OR
Bacon & Egg Biscuit OR
Toast & Cereal
Fruit
Milk/Juice

VIRTUAL LEARNING DAY 26
Meal Delivery: 11 AM-12 PM
OR
Meal Pick Up: 12 PM-1 PM

Chicken Biscuit OR
Egg & Cheese Biscuit OR
Toast & Cereal
Fruit
Milk/Juice

Breakfast Pizza OR
Muffin OR
Toast & Cereal
Fruit
Milk/Juice

Syrup Day OR
Pop-tarts OR
Toast & Cereal
Fruit
Milk/Juice

Gravy Biscuit OR
Bacon & Egg Biscuit OR
Toast & Cereal
Fruit
Milk/Juice