

February 2021

LYERLY ELEMENTARY SCHOOL

BREAKFAST



Cafeteria Manager: Jessica Cabe



Nutrition Tip: Ready-to-eat cereal consumption encourages milk consumption. Among children 6-12 years old who eat ready-to-eat cereal, 53% of all daily milk consumption is with cereal.



Reference: NHANES 2015-16

Monday

Steak Biscuit OR
Bacon Biscuit OR
Cereal Bowl & Toast
Fruit
Juice & Choice of Milk

1

Tuesday

Chicken Biscuit OR
Egg & Cheese Biscuit OR
Cereal Bowl & Toast
Fruit
Juice & Choice of Milk

2

Wednesday

Breakfast Pizza OR
Muffin OR
Cereal Bowl & Toast
Fruit
Juice & Choice of Milk

3

Thursday

Syrup Day OR Pop-Tarts OR
Cereal Bowl & Toast
Fruit
Juice
Choice of Milk

4

Friday

Gravy Biscuit OR
Bacon & Egg Biscuit OR
Cereal Bowl & Toast
Fruit
Juice & Choice of Milk

5

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8

Chicken Biscuit OR
Egg & Cheese Biscuit OR
Cereal Bowl & Toast
Fruit
Juice & Choice of Milk

9

Breakfast Pizza OR
Muffin OR
Cereal Bowl & Toast
Fruit
Juice & Choice of Milk

10

Winter Break

11

Winter Break

12

Winter Break/School Holiday

15

Chicken Biscuit OR
Egg & Cheese Biscuit OR
Cereal Bowl & Toast
Fruit
Juice & Choice of Milk

16

Breakfast Pizza OR
Muffin OR
Cereal Bowl & Toast
Fruit
Juice & Choice of Milk

17

Syrup Day OR Pop-Tarts OR
Cereal Bowl & Toast
Fruit
Juice
Choice of Milk

18

Gravy Biscuit OR
Bacon & Egg Biscuit OR
Cereal Bowl & Toast
Fruit
Juice & Choice of Milk

19

Steak Biscuit OR
Bacon Biscuit OR
Cereal Bowl & Toast
Fruit
Juice & Choice of Milk

22

Chicken Biscuit OR
Egg & Cheese Biscuit OR
Cereal Bowl & Toast
Fruit
Juice & Choice of Milk

23

Breakfast Pizza OR
Muffin OR
Cereal Bowl & Toast
Fruit
Juice & Choice of Milk

24

Syrup Day OR Pop-Tarts OR
Cereal Bowl & Toast
Fruit
Juice
Choice of Milk

25

Gravy Biscuit OR
Bacon & Egg Biscuit OR
Cereal Bowl & Toast
Fruit
Juice & Choice of Milk

26

