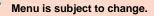
LYERLY ELEMENTARY SCHOOL

Cafeteria Manager, Jessica Cabe



October 2020



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

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Reference: USDA

BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
			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 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 8 Pop-tarts OR Toast & Cereal Fruit Milk/Juice	Gravy Biscuit OR Bacon& Egg Biscuit OR Toast & Cereal Fruit Milk/Juice
12 FALL BREAK	13 FALL BREAK	FALL BREAK	15 FALL BREAK	16 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