

January 2020

North Cedar Elementary

BREAKFAST



This institution is an equal opportunity provider.

Start your day with eating breakfast at school!



Breakfast is such an important part to start to the day. Below are 4 ways school breakfast benefits children:

1. Higher Test Scores
2. Calmer Classrooms
3. Fewer trips to the nurse
4. Stronger attendance and graduation rates

Monday



6
Toast, Sausage, Omelet
Muffin, Cereal
Pop Tart, Snack Bread
Yogurt or Boiled Egg
100% Juice, Choices of Fruits
Milk of Choice

13
Breakfast Sandwich
Muffin, Cereal
Pop Tart, Snack Bread
Yogurt or Boiled Egg
100% Juice, Choices of Fruits
Milk of Choice

20
No School

27
Toast, Sausage, Omelet
Bacon, Muffin, Cereal
Pop Tart, Snack Bread
Yogurt or Boiled Egg
100% Juice, Choices of Fruits
Milk of Choice

Tuesday



7
Biscuits & Gravy
Muffin, Cereal
Pop Tart, Snack Bread
Yogurt or Boiled Egg
100% Juice, Choices of Fruits
Milk of Choice

14
French Toast Sticks
Sausage Links, Syrup
Muffin, Cereal, Pop Tart, Snack Bread, Yogurt or Boiled Egg
100% Juice, Choices of Fruits
Milk of Choice

21
Toast, Scrambled Egg w/
Bacon, Muffin, Cereal
Pop Tart, Snack Bread
Yogurt or Boiled Egg
100% Juice, Choices of Fruits
Milk of Choice

28
Donut Holes
Muffin, Cereal
Pop Tart, Snack Bread
Yogurt or Boiled Egg
100% Juice, Choices of Fruits
Milk of Choice

Wednesday

1
No School

8
Mini Donuts
Muffin, Cereal
Pop Tart, Snack Bread
Yogurt or Boiled Egg
100% Juice, Choices of Fruits
Milk of Choice

15
Breakfast Pizza
Muffin, Cereal
Pop Tart, Snack Bread
Yogurt or Boiled Egg
100% Juice, Choices of Fruits
Milk of Choice

22
Biscuits & Gravy
Muffin, Cereal
Pop Tart, Snack Bread
Yogurt or Boiled Egg
100% Juice, Choices of Fruits
Milk of Choice

29
Breakfast Sandwich
Muffin, Cereal
Pop Tart, Snack Bread
Yogurt or Boiled Egg
100% Juice, Choices of Fruits
Milk of Choice

Thursday

2
Breakfast Pizza
Muffin, Cereal
Pop Tart, Snack Bread
Yogurt or Boiled Egg
100% Juice, Choices of Fruits
Milk of Choice

9
Blueberry Pancakes, Syrup
Sausage Links, Muffin, Cereal
Pop Tart, Snack Bread
Yogurt or Boiled Egg
100% Juice, Choices of Fruits
Milk of Choice

16
Toast, Omelet, Sausage
Muffin, Cereal
Pop Tart, Snack Bread
Yogurt or Boiled Egg
100% Juice, Choices of Fruits
Milk of Choices

23
Pancakes, Sausage Links
Syrup, Muffin, Cereal
Pop Tart, Snack Bread
Yogurt or Boiled Egg
100% Juice, Choices of Fruits
Milk of Choice

30
French Toast Sticks, Syrup
Bacon, Hash Brown Patty, K
Muffin, Cereal
Pop Tart, Snack Bread
100% Juice, Choices of Fruits
Milk of Choice

Friday

3
Donut
Muffin, Cereal
Pop Tart, Snack Bread
Yogurt or Boiled Egg
100% Juice, Choices of Fruits
Milk of Choice

10
Long John
Muffin, Cereal
Pop Tart, Snack Bread
Yogurt or Boiled Egg
100% Juice, Choices of Fruits
Milk of Choice

17
Donut
Muffin, Cereal
Pop Tart, Snack Bread
Yogurt or Boiled Egg
100% Juice, Choices of Fruits
Milk of Choice

24
Long John
Muffin, Cereal
Pop Tart, Snack Bread
Yogurt or Boiled Egg
100% Juice, Choices of Fruits
Milk of Choice

31
Donut
Muffin, Cereal
Pop Tart, Snack Bread
Yogurt or Boiled Egg
100% Juice, Choices of Fruits
Milk of Choice