

October 2020

SHELTON PUBLIC SCHOOL

BREAKFAST



We are an equal opportunity provider.
All meals are served with low fat milk & fruit.



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



Reference: USDA

Monday

Tuesday

Wednesday

Thursday

Friday



Low fat yogurt
Wg cereal bar
Fruit juice milk

WG cereal choice
PBJ sandwich
Fruit Juice Milk

Cheese omelet
WG toast
Fruit Juice Milk

WG pancakes
Sausage patty
Fruit Juice Milk

5

WG cereal choice
PBJ sandwich
Fruit Juice Milk

6

Low fat yogurt
Wg donut
Fruit juice milk

7

WG cereal choice
PBJ sandwich
Fruit Juice Milk

8

Egg tac go
Fruit
Juice Milk

9

French toast
Bacon strips
Fruit Juice Milk

12

WG cereal choice
PBJ sandwich
Fruit Juice Milk

13

Low fat yogurt
Wg cinnamon roll
Fruit juice milk

14

WG cereal choice
PBJ sandwich
Fruit Juice Milk

15

Breakfast casserole
Fruit
Juice Milk

16

Breakfast Pizza
Fruit
Juice Milk

19

WG cereal choice
PBJ sandwich
Fruit Juice Milk

20

Low fat yogurt
Wg cereal bar
Fruit juice milk

21

WG cereal choice
PBJ sandwich
Fruit Juice Milk

22

NO SCHOOL
FALL BREAK

23

NO SCHOOL
FALL BREAK

26

WG cereal choice
PBJ sandwich
Fruit Juice Milk

Low fat yogurt
Wg Pop Tart
Fruit juice milk

WG cereal choice
PBJ sandwich
Fruit Juice Milk

Sausage egg biscuit
Fruit
Juice Milk

30