

Samsula Academy

Breakfast

August / September 2015

Daily breakfast entrées
Choice of **one** of the following items:

- *Hot Breakfast Item
- *Whole Grain Cereal
- *4 oz. Yogurt
- *4oz. Fruit or 100% Juice
- **WG = Whole Grain**

Each entrée comes with the following:

- *8 oz of 1% Low Fat Milk **or** 0% Chocolate Milk
- *Graham Crackers 2-3 Times a Week
- *GoGurt (Strawberry)
- *Fresh Fruit **or** ½ cup of Canned Fruit **or** 4 oz. of 100% fruit juice
- *4 oz of a Vegetable Twice a Week

Breakfast prices are as follows:

Student: \$1.00
Adults: \$2.00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8/24 <u>Muffin Monday</u> (WG) Blueberry Muffin or Whole Grain Cereal <u>Sides:</u> Strawberry GoGurt Canned Fruit or Fruit Juice Low Sodium V8 Juice (WG) Pretzel Stick	25 <u>Tuesday:</u> (WG) Chicken Patty Sandwich or Whole Grain Cereal <u>Sides:</u> Assorted Yogurt Canned Fruit or Fruit Juice	26 <u>Wednesday</u> (WG) Chocolate Muffin or Whole Grain Cereal <u>Sides:</u> Strawberry GoGurt Canned Fruit or Fruit Juice Low Sodium V8 Juice	27 <u>Thursday:</u> (WG) Strawberry Pop Tart or Whole Grain Cereal <u>Sides:</u> Strawberry GoGurt Canned Fruit or Fruit Juice (WG) Pretzel Stick	28 <u>Fun Friday</u> Scrambled Eggs, Chicken Bacon & (WG) Roll or Whole Grain Cereal <u>Sides:</u> Strawberry GoGurt Strawberry/Banana Applesauce or Juice
31 <u>Monday</u> (WG) Chicken Patty Sandwich or Whole Grain Cereal <u>Sides:</u> Strawberry GoGurt Canned Fruit or Fruit Juice	9/1 <u>Tuesday:</u> Scrambled Eggs, Chicken Bacon & (WG) Roll or Whole Grain Cereal <u>Sides:</u> Strawberry GoGurt Strawberry/Banana Applesauce or Juice	9/2 <u>Waffle Wednesday:</u> (WG) Mini Waffles or Whole Grain Cereal <u>Sides:</u> Strawberry GoGurt Canned Fruit or Fruit Juice Low Sodium V8 Juice	9/3 <u>Thursday:</u> (WG) Sausage, Egg & Cheese Deep Dish Pizza or Whole Grain Cereal <u>Sides:</u> Strawberry GoGurt Canned Fruit or Fruit Juice (WG) Pretzel Stick	9/4 <u>Fun Friday:</u> (WG) Whole Wheat Cinnamon Roll or Whole Grain Cereal <u>Sides:</u> Strawberry GoGurt Canned Fruit or Fruit Juice (WG) Strawberry Graham Cracker Low Sodium V8 Juice
7 SCHOOL HOLIDAY... LABOR DAY !!	8 <u>Tuesday:</u> (WG) Strawberry Pop Tart or Whole Grain Cereal <u>Sides:</u> Strawberry GoGurt Canned Fruit or Fruit Juice (WG) Pretzel Stick	9 <u>Wednesday:</u> (WG) Sausage, Egg & Cheese Deep Dish Pizza or Whole Grain Cereal <u>Sides:</u> Strawberry GoGurt Canned Fruit or Fruit Juice (WG) Pretzel Stick	10 <u>Thursday:</u> (WG) Banana Muffin or Whole Grain Cereal <u>Sides:</u> Strawberry GoGurt Canned Fruit or Fruit Juice (WG) Pretzel Stick Low Sodium V8 Juice	11 <u>Friday:</u> (WG) Chicken Patty Sandwich or Whole Grain Cereal <u>Sides:</u> Strawberry GoGurt Canned Fruit or Fruit Juice
14 <u>Monday:</u> (WG) Blueberry Pancakes or Whole Grain Cereal <u>Sides:</u> Strawberry GoGurt Canned Fruit or Fruit Juice	15 <u>Tuesday:</u> Scrambled Eggs, Chicken Bacon & (WG) Roll or Whole Grain Cereal <u>Sides:</u> Strawberry GoGurt Strawberry/Banana Applesauce or Juice	16 <u>Wednesday:</u> (WG) Blueberry Muffin or Whole Grain Cereal <u>Sides:</u> Strawberry GoGurt Canned Fruit or Fruit Juice (WG) Pretzel Stick Low Sodium V8 Juice	17 <u>Thursday:</u> (WG) Chicken Patty Sandwich or Whole Grain Cereal <u>Sides:</u> Assorted Yogurt Canned Fruit or Fruit Juice	18 <u>Fun Friday:</u> (WG) Brown Sugar Cinnamon Pop Tarts or Whole Grain Cereal <u>Sides:</u> Strawberry GoGurt Canned Fruit or Fruit Juice (WG) Pretzel Stick Low Sodium V8 Juice
21 Professional Development Day Student Holiday !!	22 <u>Tuesday:</u> (WG)Egg Turkey Sausage Cheese & Potato Taquito or Whole Grain Cereal <u>Sides:</u> Strawberry GoGurt Canned Fruit or Fruit Juice (WG) Pretzel Stick	23 <u>Wednesday</u> (WG)Chocolate Chip French Toast or Whole Grain Cereal <u>Sides:</u> Strawberry GoGurt Canned Fruit or Fruit Juice Low Sodium V8 Juice	24 <u>Thursday:</u> (WG) Sausage, Egg & Cheese Deep Dish Pizza or Whole Grain Cereal <u>Sides:</u> Strawberry GoGurt Canned Fruit or Fruit Juice (WG) Pretzel Stick	25 <u>Friday:</u> (WG) Mini Waffles of Whole Grain Cereal <u>Sides:</u> GoGurt Canned Fruit or Fruit Juice Low Sodium V8 Juice