

January 2019

Burgess Elementary

BREAKFAST



Breakfast includes: milk, juice, yogurt and fresh or canned fruit.
\$1.50 or reduced is .30 cents



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.

Monday



Tuesday

Wednesday

Thursday

Friday

No School

1

French toast

2

Scrambled eggs, toast and hash brown patty

3

Cinnamon roll

4

Pancakes

7

Breakfast sandwich

8

French toast

9

Scrambled eggs, toast and hash brown patty

10

Cinnamon roll

11

Pancakes

14

Breakfast sandwich

15

French toast

16

Scrambled eggs, toast and hash brown patty

17

No School

18

No School

21

Breakfast sandwich

22

French toast

23

Scrambled eggs, toast and hash brown patty

24

Cinnamon roll

25

Pancakes

28

Breakfast sandwich

29

French toast

30

Scrambled eggs, toast and hash brown patty

31

