August 2019

BREAKFAST

Fleming School Welcome Back

Menu is subject to change.

This institution is an equal opportunity provider.

Nutrition Tip: Drink water! Sip water or other drinks with few or no calories to help maintain a healthy weight. Keep a water bottle in your bag or at your desk to satisfy your thirst throughout the day.

Reference: USDA MyPlate

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
5	6	7	8	9
12	13	14	15 Steak Fajita Breakfast Burrito Cereal W/ String Cheese Breakfast Bar Juice/Fruit Milk	16 Bacon/Egg/Cheese Waffle Sandwich Cereal W/String Cheese Breakfast Cookie Juice/Fruit Milk
19	20 Cheese Omelette W/Tortilla Cereal W/String Cheese Fruit & Cereal Parfait Fruit Milk	21 Egg McMuffin W/ Sausage Cereal W/Toast Bagel W/Cream Cheese Juice/Fruit Milk	22 Breakfast Pizza Cereal W/Toast Breakfast Bar Juice/Fruit Milk	23 Cinnamon Rolls W/ Sausage Links Cereal W/Toast Chocolate Muffin W/String Cheese Fruit/Milk
26	27 Green Chili Breakfast Burrito Cereal W/Toast Bagel W/Cream Cheese Fruit Milk	28 Pancake on a Stick Cereal W/String Cheese Cheesy Scrambled Eggs W/Toast Fruit Milk	29 Bacon/Egg/Cheese Pancake Sandwich Cereal W/Toast Breakfast Bar Juice/Fruit Milk	30 Breakfast Quesadilla Cereal W/String Cheese Apple Frudel Fruit Milk