

# September 2020

## Holmes County High School

### BREAKFAST



**School Information:** Type your school information here.



**Nutrition Tip:** September is Whole Grains Month! Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



### Monday



Strawberry Bagel  
Cereal

7

### Tuesday

Grits & Eggs  
Cereal

1

### Wednesday

Breakfast Pizza  
Pop-Tarts

2

### Thursday

Pancake Pup & Syrup  
Cereal

3

### Friday

Cinnamon Rolls  
Pop-Tarts

4

Chicken Croissant  
Cereal

8

Pancake Pup & Syrup  
Pop-Tarts

9

Breakfast Burrito  
Cereal

10

Cinnamon Roll  
Pop-Tarts

11

14

15

16

17

18

21

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30

