

# October 2019

## HCHS

### BREAKFAST



**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 MyPlate



### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

Breakfast Burrito  
Asst. Pop Tart  
Fresh Fruit  
Orange Juice  
Milk

1

Pancake Pup  
Asst. Cereal  
Fresh Fruit  
Orange Juice  
Milk

2

Dutch Waffle  
Asst. Cereal  
Fresh Fruit  
Orange Juice  
Milk

3

NO SCHOOL

4

Mini Strawberry Bagel  
Asst. Pop Tart  
Fresh Fruit  
Orange Juice  
Milk

7

Chicken Croissant  
Asst. Cereal  
Fresh Fruit  
Orange Juice  
Milk

8

Apple Frudel  
Asst. Cereal  
Fresh Fruit  
Orange Juice  
Milk

9

Ham, Egg, Cheese Wrap  
Asst. Cereal  
Fresh Fruit  
Orange Juice  
Milk

10

Cinnamon Roll  
Asst. Pop Tart  
Fresh Fruit  
Orange Juice  
Milk

11

Mini Pancakes  
Asst. Pop Tart  
Fresh Fruit  
Orange Juice  
Milk

14

Southwest Sliders  
Asst. Cereal  
Fresh Fruit  
Orange Juice  
Milk

15

Asst. Pop Tart  
Asst. Cereal  
Fresh Fruit  
Orange Juice  
Milk

16

Breakfast Pizza  
Asst. Cereal  
Fresh Fruit  
Orange Juice  
Milk

17

Cinnamon Roll  
Asst. Cereal  
Fresh Fruit  
Orange Juice  
Milk

18

Blueberry Waffles  
Asst. Pop Tart  
Fresh Fruit  
Orange Juice  
Milk

21

Sausage Biscuit  
Asst. Cereal  
Fresh Fruit  
Orange Juice  
Milk

22

Scones  
Asst. Cereal  
Fresh Fruit  
Orange Juice  
Milk

23

Apple Frudel  
Asst. Cereal  
Fresh Fruit  
Orange Juice  
Milk

24

Cinnamon Roll  
Asst. Pop Tart  
Fresh Fruit  
Orange Juice  
Milk

25

Breakfast Pizza  
Asst. Cereal  
Fresh Fruit  
Orange Juice  
Milk

28

Breakfast Burrito  
Asst. Cereal  
Fresh Fruit  
Orange Juice  
Milk

29

NO SCHOOL  
FALL BREAK

30

NO SCHOOL  
FALL BREAK

31

