

August 2020

BREAKFAST



Holmes County High School



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

3

4

5

6

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12

13

14

17

18

19

20

21

Pancake Pup
Syrup
Cereal

24

Sausage Biscuit
Grape Jelly
Cereal

25

Grits & Eggs
Cereal

26

Pancakes & Bacon
Cereal

27

Chicken Biscuit
Pop-Tarts

28

Dutch Waffles
Cereal

31

