

October 2015

CYRIL PUBLIC SCHOOL HOME OF THE PIRATES



Nutrition Tip: MyPlate recommends: 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.

BREAKFAST

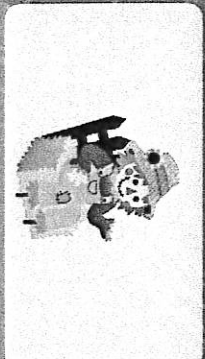
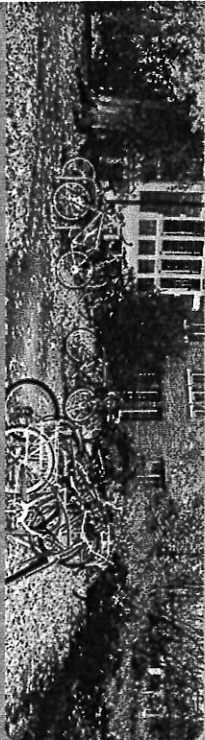
Monday

Tuesday

Wednesday

Thursday

Friday



5 Ham egg & cheese
Burrito/or cereal
Yogurt bar/fresh fruit
Milk
Juice

6 SAUSAGE, EGG, CHEESE
TORNADO/OR CEREAL
FRESH FRUIT/YOGURT BAR
MILK/JUICE

7 GOOD MORNING
MUFFIN/OR BAGEL
FRESH FRUIT
COLD CEREAL
MILK/JUICE

8 PANCAKE ON A STICK
FRESH FRUIT
YOGURT/OR CHOICE OF
CEREAL. MILK/JUICE

9 COLD/OR HOT CEREAL
YOGURT BAR WITH FRESH
FRUIT
MILK/ JUICE

12 BISCUIT/GRAVY, OR
CEREAL. FRESH FRUIT
YOGURT BAR
MILK/JUICE

13 BACON, EGG, CHEESE
TORNADO/OR CEREAL
YOGURT BAR FRESH FRUIT
MILK/JUICE

14 FRENCH TOAST/WITH
SYRUP. OR COLD CEREAL
MILK/JUICE
YOGURT BAR

15 COLD /OR HOT CEREAL
YOGURT BAR
WITH FRESH FRUIT
MILK/JUICE

16 NO
SCHOOL

19 NO
SCHOOL

20 French tst&sausage
Tornado/or cereal
Fresh fruit/yogurt bar
Milk /juice

21 GOOD MORNING
MUFFIN/OR BAGEL
FRESH FRUIT
COLD CEREAL
MILK/JUICE

22 HAM, EGG, AND CHEESE
BURRITO/OR COLD CEREAL
YOGURT BAR FRESH FRUIT
MILK/ JUICE

23 COLD/OR HOT CEREAL
YOGURT BAR
WITH FRESH FRUIT
MILK/JUICE

26 GOOD MORNING
MUFFIN/OR BAGEL
FRESH FRUIT
MILK/OR JUICE

27 Steak egg cheese
Tornado /or cereal
Fresh fruit
Yogurt bar
Milk/juice

28 French toast/with
Syrup. or cold cereal
Milk/ juice
Yogurt bar

29 Sausage biscuit
Yogurt bar with fresh fruit
Or cold cereal
Milk/juice

30 Cold/or hot cereal
Yogurt bar
With fresh fruit
Milk/juice