

October 2017

Evansville Attendance Center

BREAKFAST



School Information: Breakfast:
 20 breakfast @ \$1.70= \$34.00
 Reduced 20 @ .30 = \$6.00

Please keep money on your child's account



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

2

Cereal w/muffin
 Fruit
 Or cereal

Tuesday

3

Pancakes
 Fruit
 Or cereal

Wednesday

4

Donuts
 Juice
 Or cereal

Thursday

5

Cheese Omelet
 w/toast
 Fruit
 or cereal

Friday

6

Cereal w/yogurt
 Fruit

9

Columbus Day
No School

10

English Muffin
 w/sausage
 Fruit

11

Breakfast Pizza
 Or cereal
 Fruit

12

Biscuits'n'gravy
 Juice
 Or cereal

13

Cinnamon Roll
 Or cereal
 Fruit

16

Barry Patch Smoothie
 Cereal
 Fruit

17

Cereal w/string cheese
 Fruit

18

Cream Cheese bagel
 Or cereal
 Juice

19

Cheese Omelet w/toast
 Or cereal
 Fruit

20

No School
P/T Conf.

23

Pancake Wrap
 Or cereal
 Fruit

24

Eng. Muffin w/sausage
 Or cereal
 Fruit

25

WG Donuts
 Or cereal
 Fruit

26

Cereal w/poptart
 Juice

27

Waffles
 Or cereal
 Fruit

30

Cereal
 w/nutrigrain bar
 Fruit

31

French Toast
 Juice

Fruit or juice is given with every meal.
 Cereal is offered every morning

