

BREAKFAST

October 2018

Evergreen Charter School

Breakfast Fact

Whole grains are most frequently consumed at breakfast. Ready-to-eat cereals are the #1 source of whole grain among children aged two to 18 years.

This Institution is an equal opportunity provider and employer

* Monday

Morning wrap with eggs
And cheese, fresh fruit
And fat free or 1% milk.

1

* Tuesday

Special K with
Red Berries, fresh fruit
And fat free or 1% milk.

2

* Wednesday

Breakfast Croissant
With turkey sausage and
cheese, fresh fruit and fat
free
or 1% milk.

3

* Thursday

Scrambled eggs,
breakfast
sausage, home fries,
fresh fruit and fat free or
1% milk.

4

* Friday

Yogurt and Granola,
fresh fruit and fat free or
1% milk.

5

No School
Columbus Day

8

Breakfast burrito with
egg, ham and cheese,
fresh fruit and fat free or
1% milk.

9

Whole wheat waffles,
fresh fruit and fat free or
1% milk.

10

Turkey breakfast
quesadilla, fresh fruit
and fat free or 1% milk.

11

Eggs, sausage and
Cheese pie with
whole wheat toast,
fresh fruit and fat free or
1% milk.

12

Turkey or ham melt on
whole wheat toast,
fresh fruit and fat free or
1% milk.

15

Berry Smooth Dip,
with biscuit bites,
fresh fruit and fat free or
1% milk.

16

Eggs in a cup with
Cheese and sausage bites,
whole wheat roll, fresh
fruit and fat free or 1%
milk.

17

Muddy oatmeal,
fresh fruit and fat free
or 1% milk.

18

Ham quiche, fresh fruit
and fat free or 1% milk.

19

Whole wheat English
muffin with turkey and
cheese, fresh fruit and
fat free or 1% milk

22

Whole wheat pancakes
fresh fruit and
fat free or 1% milk.

23

Breakfast Panini with
ham and Manchego
cheese, fresh fruit and
fat free or 1% milk.

24

Granola Parfait with
mixed berries and
fat free or 1% milk.

25

Morning wrap with
Egg and cheese, fresh
Fruit and fat free or 1%
milk.

26

Special K with
Red berries,
fresh fruit and fat free or
1% milk.

29

Chocolate Chip
muffins, fresh fruit and
fat free or 1% milk.

30

Breakfast Croissant
With turkey sausage and
cheese, fresh fruit and
fat free
or 1% milk.

31

