

October 2020

Vineland School District

BREAKFAST



* **Menu Subject to change without notice.**

* This institution is an equal opportunity provider



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

Monday



Tuesday

Wednesday



Thursday

Friday

French Toast **5**
Banana
Cranberry/Raspberry Juice
Milk

Tac-Go **6**
Green Apple
Milk

Cinnamon Crumb **7**
Apple Sauce cup
Apple juice
Milk

Sunrise Sandwich **8**
Nectarine
Milk

Raspberry Yogurt **2**
Granola
Grapes
Orange/Tangerine Juice
Milk

Mini Cinnamon Bagel **9**
Apple
Orange/Tangerine Juice
Milk

Banana Bread **12**
Apple Crisp
Cranberry/Raspberry Juice
Milk

Pancake on a stick **13**
Strawberry Cup
Milk

Peach Pancake Bowl **14**
Apple Juice
Milk

Lucky Charms **15**
Honey Cracker
Blackberries
Milk

Grilled Cheese **16**
Grapes
Orange/Tangerine Juice
Milk

Blueberry Muffin **19**
Banana
Cranberry/Raspberry Juice
Milk

Sausage Biscuit **20**
Peach Cup
Milk

Strawberry PB&J **21**
Diced Pear
Apple Juice
Milk

Egg & Cheese Tac-Go **22**
Orange
Milk

Mini Cluster **23**
Green Apple
Orange/Tangerine Juice
Milk

Breakfast Sandwich **26**
Craisins
Cranberry/Raspberry Juice
Milk

Chocolate Chip Muffin **27**
Apple Sauce
Milk

Cinnamon Toast Bar **28**
Diced Peaches
Apple Juice
Milk

Frosted Flakes **29**
Orange
String Cheese
Milk

