

# October 2020

## USD 267 Renwick Schools

### BREAKFAST



**School Information:** Currently, we are operating under the USDA waiver allowing for free meals under the Summer Foodservice Program.



**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

Dutch Waffle or Cereal  
Fruit Choice  
100% Fruit Juice  
Milk Choice

5

Muffin or Cereal  
Yogurt  
Fruit Choice  
100% Fruit Juice  
Milk Choice

6

Mini Cinnamon Roll  
Or Cereal  
Fruit Choice  
100% Fruit Juice  
Milk Choice

7

Frudel or Cereal  
Fruit Choice  
100% Fruit Juice  
Milk Choice

8

Breakfast Pizza  
Or Cereal  
Fruit Choice  
100% Fruit Juice  
Milk Choice

9

Bagelful or Cereal  
Fruit Choice  
100% Fruit Juice  
Milk Choice

12

Muffin or Cereal  
String cheese  
Fruit Choice  
100% Fruit Juice  
Milk Choice

13

Maple Waffles or Cereal  
Fruit Choice  
100% Fruit Juice  
Milk Choice

14

Cocoa Puff Pastry  
Or Cereal  
Fruit Choice  
100% Fruit Juice  
Milk Choice

15

Sausage Biscuit  
Or Cereal  
Fruit Choice  
100% Fruit Juice  
Milk Choice

16

Glazed Donut or Cereal  
Fruit Choice  
100% Fruit Juice  
Milk Choice

19

Muffin or Cereal  
Yogurt  
Fruit Choice  
100% Fruit Juice  
Milk Choice

20

Breakfast Burrito w/ salsa  
Or Cereal  
Fruit Choice  
100% Fruit Juice  
Milk Choice

21

Cereal Bar or Cereal  
Yogurt  
Fruit Choice  
100% Fruit Juice  
Milk Choice

22

French Toast Bites  
Or Cereal  
Fruit Choice  
100% Fruit Juice  
Milk Choice

23

Yogurt Parfait or Cereal  
Fruit Choice  
100% Fruit Juice  
Milk Choice

26

Muffin or Cereal  
String cheese  
Fruit Choice  
100% Fruit Juice  
Milk Choice

27

Mini Pancakes or Cereal  
Fruit Choice  
100% Fruit Juice  
Milk Choice

28

Cinnamon Toast Pastry  
Or Cereal  
Fruit Choice  
100% Fruit Juice  
Milk Choice

29

Pancake on a Stick  
Or Cereal  
Fruit Choice  
100% Fruit Juice  
Milk Choice

30