

September 2018

EUFAULA HIGH SCHOOL

BREAKFAST



THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER



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

Tuesday

Wednesday

Thursday

Friday

No School

3

Biscuit & Gravy
Cereal
Fruit
Juice
Milk

4

Muffin & Cheese stick
Cereal
Fruit
Juice
Milk

5

Toast
Scrambled Eggs
Cereal
Fruit
Juice
Milk

6

Honey Bun
Yogurt
Cereal
Fruit
Juice
Milk

7

Pancake Minis
Cereal
Fruit
Juice
Milk

10

Biscuit & Gravy
Cereal
Fruit
Juice
Milk

11

Breakfast Scramble
Cereal
Fruit
Juice
Milk

12

Donut
Cereal
Fruit
Juice
Milk

13

No School

14

Chocolate Muffin
Cheese Stick
Cereal
Fruit
Juice
Milk

17

Biscuit & Gravy
Cereal
Fruit
Juice
Milk

18

Pancake on a Stick
Cereal
Fruit
Juice
Milk

19

Biscuit w/Sausage, Egg,
Cheese
Cereal
Fruit
Juice
Milk

20

Long John
Cereal
Fruit
Juice
Milk

21

French Toast Bites
Cereal
Fruit
Juice
Milk

24

Biscuit & Gravy
Cereal
Fruit
Juice
Milk

25

Oatmeal
Toast
Cereal
Fruit
Juice
Milk

26

Breakfast Pizza
Flatbread
Cereal
Fruit
Juice
Milk

27

Cinnamon Roll
Cereal
Fruit
Juice
Milk

28

