

September 2017

East Washington Elementary

BREAKFAST

Free/Reduced Applications Available in each office or online at www.ewsc.k12.in.us

*This institution is an equal opportunity provider and employer



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



Breakfast Daily 7:50-8:10
S: \$1.50 A: \$1.80
Lunch:
S: \$2.50 A: \$3.30



In the operation of children feeding programs, no child will be discriminated against because of race, color, national origin, age, or disability

1

LABOR DAY
NO SCHOOL

4

Cinnamon Toaster Cereal
Toast
100% Juice & Chilled Fruit

5

Chocolate Chip Muffin
100% Juice & Chilled Fruit

6

Egg Omelet
Toast
100% Juice & Chilled Fruit

7

Sausage Biscuit
100% Juice & Chilled Fruit

8

Cook's Choice Cereal
Toast
Chilled Fruit
100% Juice

11

Cheesy Bacon Eggs
Toast
Raisins
100% Juice

12

Cinnamon Roll
Chilled Fruit
100% Juice

13

French Toast Sticks
Fresh Banana
100% Juice

14

Sausage Biscuit
Gravy
Chilled Fruit
100% Juice

15

Froot Loops
Toast
Chilled Fruit
100% Juice

18

Egg Omelet
Toast
Raisins
100% Juice

19

Min Maple Pancakes
Chilled Fruit
100% Juice

20

Breakfast Sliders
Fresh Banana
100% Juice

21

Sausage Biscuit
Chilled Fruit
100% Juice

22

Coco Puffs
Toast
Chilled Fruit
100% Juice

25

Egg & Cheese Biscuit
Chilled Fruit
100% Juice

26

Blueberry Pancakes
Chilled Fruit
100% Juice

27

Breakfast Pizza
Fresh Banana
100% Juice

28

Sausage Biscuit
Chilled Fruit
100% Juice

29