

January 2018

East Washington Elementary

BREAKFAST



Fresh Fruit & Salad with 2 Other Sides Daily
 Free/Reduced Applications Available in each office or
 online at www.ewsc.k12.in.us
 *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

Happy New Year! **1**

Egg Omelet **2**
 Toast
 Chilled Fruit
 100% Fruit Juice
 Milk

Breakfast Pizza **3**
 Chilled Fruit
 100% Fruit Juice
 Milk

Mini Maple Pancakes **4**
 Syrup
 Fresh Banana
 100% Fruit Juice
 Milk

Sausage Biscuit & Gravy **5**
 Chilled Fruit
 100% Juice
 Milk

Apple Jacks or Oatmeal **8**
 Toast
 Chilled Fruit
 100% Fruit Juice

Cheesy Bacon Eggs **9**
 Toast
 Raisins
 100% Fruit Juice
 Milk

Breakfast Sliders **10**
 Chilled Fruit
 100% Fruit Juice
 Milk

Breakfast on a Stick **11**
 Syrup
 Fresh Banana
 100% Fruit Juice
 Milk

Sausage Biscuit **12**
 Chilled Fruit
 100% Fruit Juice
 Milk

Froot Loops or Oatmeal **15**
 Toast
 100% Fruit Juice
 Toast
 Chilled Fruit

Egg Omelet **16**
 Toast
 Chilled Fruit
 100% Fruit Juice
 Milk

Cinnamon Roll **17**
 Chilled Fruit
 100% Fruit Juice
 Milk

Blueberry Pancakes **18**
 Syrup
 Fresh Banana
 100% Fruit Juice
 Milk

Sausage Biscuit & Gravy **19**
 Chilled Fruit
 100% Fruit Juice
 Milk

Cinnamon Toast Crunch **22**
 Oatmeal
 100% Fruit Juice
 Toast
 Chilled Fruit & Milk

Cheesy Bacon Eggs **23**
 Toast
 Raisins
 100% Fruit Juice
 Milk

Bacon Scramble Pizza **24**
 Chilled Fruit
 100% Fruit Juice
 Milk

Strawberry Pop Tart **25**
 Fresh Banana
 100% Fruit Juice
 Milk

Sausage Biscuit **26**
 Chilled Fruit
 100% Fruit Juice
 Milk

Cook's Choice: **29**
 Cereal or Oatmeal
 Toast
 100% Fruit Juice
 Chilled Fruit & Milk

Egg/Cheese Biscuit **30**
 100% Fruit Juice
 Chilled Fruit
 Milk

Mini Maple Pancakes **31**
 Chilled Fruit
 100% Fruit Juice
 Milk

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.