

September 2018

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



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

LABOR DAY

3

NO SCHOOL!

Cook's Choice Cereal
Toast
Sliced Peaches
Fruit Juice
Milk

4

Strawberry Pop Tart
Cheese Stick
Mixed Fruit
Fruit Juice
Milk

5

Mini-Maple Pancakes
Syrup
Fresh Banana
Fruit Juice
Milk

6

Sausage Biscuit
Applesauce Cup
Fruit Juice
Milk

7

Froot Loops
Toast
Sliced Pears
Fruit Juice
Milk

10

Cheesy Bacon Eggs
Toast
Raisins
Fruit Juice
Milk

11

Cinnamon Roll
Cheese Stick
Applesauce Cup
Fruit Juice
Milk

12

Breakfast on a Stick
Syrup
Fresh Banana
Fruit Juice
Milk

13

Sausage
Biscuit
Gravy
Fruit Salad
Fruit Juice
Milk

14

Cinn. Toast Crunch Cereal
Toast
Sliced Peaches
Fruit Juice
Milk

17

Breakfast Pizza
Fresh Oranges
Fruit Juice
Milk

18

Banana Bread
Cheese Stick
Mixed Fruit
Fruit Juice
Milk

19

Mini Blueberry Pancakes
Syrup
Fresh Banana
Fruit Juice

20

Sausage Biscuit
Applesauce Cup
Fruit Juice
Milk

21

Apple Jacks' Cereal
Toast
Sliced Pears
Fruit Juice
Milk

24

Egg Omelet
Toast
Raisins
Fruit Juice
Milk

25

Mini Doughnuts
Mixed Fruit
Fruit Juice
Milk

26

French Toast Bites
Syrup
Fresh Banana
Fruit Juice
Milk

27

Sausage
Biscuit/Gravy
Applesauce Cup
Fruit Juice
Milk

28

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

Breakfast Daily 7:50-8:10
S: \$1.70 A: \$2.05
Lunch:
S: \$2.55 A: \$3.35

If you need Free/Reduced Applications, please visit our website or contact your child's school.

