

December 2020

EDWARDS COUNTY SCHOOLS

BREAKFAST



School Information: This institution is an equal opportunity provider.

All menus are subject to change due to product availability.



Nutrition Tip: Compared to kids who don't eat yogurt, children ages 6 – 12 years old who consume yogurt consume more bone health promoting nutrients: Calcium (23% more), Vitamin D (19% more) and Potassium (8% more).

Reference: NHANES 2013 - 1016

Monday



Tuesday

Wednesday

Thursday

Friday

Scrambled Eggs w/ Ham or Assorted Cereal **1**
Toast
Fruit
Juice
Milk

Uncrustable or Assorted Cereal Bar **2**
Fruit
Juice
Milk

Breakfast Pizza or Poptart **3**
Fruit
Juice
Milk

Biscuit & Gravy or Assorted Cereal w/ Toast **4**
Fruit
Juice
Milk

Donut or Assorted Cereal w/ Toast **7**
Fruit
Juice
Milk

Muffin or Assorted Cereal Bar **8**
Fruit
Juice
Milk

Grilled Cheese or Mini Donuts **9**
Fruit
Juice
Milk

Assorted Cereal **10**
Fruit
Juice
Milk

Scrambled Egg w/Cheese or Assorted Cereal **11**
Toast
Fruit
Juice
Milk

French Toast Sticks or Mini Donuts **14**
Fruit
Juice
Milk

Breakfast Pizza or Assorted Cereal Bar **15**
Fruit
Juice
Milk

Pancakes or Poptart **16**
Fruit
Juice
Milk

Egg & Cheese Biscuit or Assorted Cereal **17**
Fruit
Juice
Milk

Cinnamon Roll or Assorted Cereal w/ Toast **18**
Fruit
Juice
Milk

NO SCHOOL **21**

NO SCHOOL **22**

NO SCHOOL **23**

NO SCHOOL **24**

NO SCHOOL **25**

NO SCHOOL **28**

NO SCHOOL **29**

NO SCHOOL **30**

NO SCHOOL **31**

