

October 2018

Manzanita Elementary School

BREAKFAST



Get in touch with us to learn more about free and reduced price meals.
530-846-5594 Ask for Brittany
Breakfast Price \$ 1.90
**Menu Subject to change



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

Yogurt
Mini Muffin
2 Fresh Fruit Choices
Milk
Juice

1

Tuesday

Biscuits & Gravy
2 Fresh Fruit choices
Milk
Juice

2

Wednesday

Bacon-Egg Sandwich
2 Fresh Fruit Choices
Milk
Juice

3

Thursday

Pancake Sausage
on a Stick
2 Fresh Fruit Choices
Milk
Juice

4

Friday

Variety of Cereal
Toast & Jelly
2 Fresh Fruit Choices
Milk
Juice

5

Sausage Breakfast Pizza
2 Fresh Fruit Choices
Milk
Juice

8

Yogurt
Mini Muffin
2 Fresh Fruit Choices
Milk
Juice

9

Breakfast Burrito
2 Fresh Fruit Choices
Milk
Juice

10

Mini Pancakes w/ syrup
2 Fresh Fruit Choices
Milk
Juice

11

Variety of Cereal
Toast & Jelly
2 Fresh Fruit Choices
Milk
Juice

12

Yogurt Parfait
Mini Muffin
2 Fresh Fruit Choices
Milk
Juice

15

French Toast Sticks
2 Fresh Fruit Choices
Milk
Juice

16

Cheesy Scrambled Eggs
Toast & Jelly
2 Fresh Fruit Choices
Milk
Juice

17

Mini Waffles w/ syrup
2 Fresh Fruit Choices
Milk
Juice

18

Variety of Cereal
Toast & Jelly
2 Fresh Fruit Choices
Milk
Juice

19

Breakfast Burrito
2 Fresh Fruit Choices
Milk
Juice

22

Yogurt
Mini Muffin
2 Fresh Fruit Choices
Milk
Juice

23

Bacon-Egg Sandwich
2 Fresh Fruit Choices
Milk
Juice

24

Mini Pancakes w/ syrup
2 Fresh Fruit Choices
Milk
Juice

25

Variety of Cereal
Toast & Jelly
2 Fresh Fruit Choices
Milk
Juice

26

Yogurt Parfait
Mini Muffin
2 Fresh Fruit Choices
Milk
Juice

29

French Toast Sticks
2 Fresh Fruit Choices
Milk
Juice

30

Mustang Pizza
2 Fresh Fruit Choices
Milk
Juice

31

