

# October 2017

## Nemaha Central Schools

### BREAKFAST



**In the operation of child feeding programs, no child will be discriminated against because of race, color, national origin, age, or disability. Department of Agriculture, Washington D.C. 20250**



**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

Breakfast Pizza **2**  
Fresh Grapes / Juice Choices  
Low Fat Milk Choices

### Tuesday

Assorted Cereals **3**  
String Cheese/Diced Peaches  
Juice Choice / Milk Choice

### Wednesday

Pancake on a Stick **4**  
Orange Wedges / Juice  
Low Fat Milk choices

### Thursday

Biscuit & Sausage Gravy **5**  
Banana / Juice Choices  
Low Fat Milk Choices

### Friday

Chicken Biscuit Slider **6**  
Applesauce / Juice Choices  
Low Fat Milk Choices

No School **9**

Assorted Cereal **10**  
String Cheese / Cantaloupe  
Juice and Milk Choices

French Toast Sticks **11**  
Pears / Juice Choices  
Low Fat Milk Choices

Sausage Biscuit **12**  
Grapes / Juice Choices  
Low Fat Milk Choices

Scrumptious Coffee Cake **13**  
Banana / Juice Choices  
Low Fat Milk Choices

L.F. Vanilla Yogurt **16**  
Granola / Watermelon  
Juice and Milk Choices

Assorted Cereal **17**  
Graham Crackers / M. Fruit  
Juice and Milk Choices

W.G. Powder Sugar Donut **18**  
Applesauce  
Juice and Milk Choices

Breakfast Pizza **19**  
Banana / Juice Choices  
Low Fat Milk Choices

Banana Bread **20**  
Fresh Grapes  
Juice and Milk Choices

Pancake on a Stick **23**  
Cantaloupe  
Juice and Milk Choices

Biscuit & Sausage Gravy **24**  
Assorted Fruits  
Juice and Milk Choices

Chicken Slider **25**  
Grapes  
Juice and Milk Choices

French Toast Sticks **26**  
Orange Wedges  
Juice and Milk Choices

No School **27**

Ultra Chocolate Bread **30**  
Diced Pears  
Juice and Milk Choices

Breakfast Pizza **31**  
Fresh Grapes  
Juice and Milk Choices

