

October 2017

Roseville Community Schools Elementary

BREAKFAST



School Information: Free Breakfast and Lunch at Dort, Huron Park, Kment, Kaiser, Steenland, and Patton.
Full Price Breakfast \$1.75
Reduced Breakfast \$0.30



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

Assorted Cereal
Graham Crackers
Applesauce Cup
Assorted Fruit Juice
Milk

2

Tuesday

Mini Pancakes
Assorted Fresh Fruit
Assorted Fruit Juice
Milk

3

Wednesday

Banana Bread
Chilled Peaches
Assorted Fruit Juice
Milk

4

Thursday

Breakfast Pizza
Assorted Fresh Fruit
Assorted Fruit Juice
Milk

5

Friday

Assorted Cereal
Graham Crackers
Craisins
Assorted Fruit Juice
Milk

6

Assorted Cereal
Strawberry Pop Tart
Applesauce Cup
Assorted Fruit Juice
Milk

9

Cinnamon Bun
Assorted Fresh Fruit
Assorted Fruit Juice
Milk

10

Assorted Cereal
Strawberry Pop Tart
Chilled Pears
Assorted Juice
Milk

11

Pancake on a Stick
Assorted Fresh Fruit
Assorted Fruit Juice
Milk

12

Assorted Cereal
Strawberry Pop Tart
Craisins
Assorted Fruit Juice
Milk

13

Assorted Cereal
Graham Crackers
Applesauce Cup
Assorted Fruit Juice
Milk

16

Mini Waffles
Assorted Fresh Fruit
Assorted Fruit Juice
Milk

17

Build Your Own
Yogurt Parfait
Assorted Fruit Juice
Milk

18

Breakfast Sandwich
Assorted Fresh Fruit
Assorted Fruit Juice
Milk

19

Assorted Cereal
Graham Crackers
Craisins
Assorted Fruit Juice
Milk

20

Assorted Cereal
Strawberry Pop Tart
Applesauce Cup
Assorted Fruit Juice
Milk

23

Apple Cinnamon Toast
Assorted Fresh Fruit
Assorted Fruit Juice
Milk

24

Assorted Cereal
Strawberry Pop Tart
Chilled Pears
Assorted Juice
Milk

25

Breakfast Burrito
Assorted Fresh Fruit
Assorted Fruit Juice
Milk

26

Assorted Cereal
Strawberry Pop Tart
Craisins
Assorted Fruit Juice
Milk

27

Assorted Cereal
Graham Crackers
Applesauce Cup
Assorted Fruit Juice
Milk

30

Mini Pancakes
Assorted Fresh Fruit
Assorted Fruit Juice
Milk

31

