

October 2018

HOMER COMMUNITY SCHOOL

BREAKFAST



FREE BREAKFAST K-12



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

WG PILLSBURY MINI PANCAKES **1**
GRAB & GO PACK
FRUIT OR FRUIT JUICE , MILK

WG PANCAKE ON A STIC **8**
GRAB & GO PACK
FRUIT OR FRUIT JUICE MILK

WG MINI WAFFLES **15**
GRAB & GO PACK
FRUIT OR FRUIT JUICE MILK

WG APPLE FRUDEL **22**
GRAB & GO PACK
FRUIT OR FRUIT JUICE MILK

WG DUTCH WAFFLE **29**
GRAB & GO PACK
FRUIT OR FRUIT JUICE, MILK

Tuesday

WG FRENCH TOAST STIC **2**
GRAB & GO PACK
FRUIT OR FRUIT JUICE MILK

CHEESE OMELET W/ TRI TATAR **9**
GRAB & GO PACK
FRUIT OR FRUIT JUICE, MILK

SCRAMBLED EGGS W SA **16** BE
PATTY
GRAB & GO PACK
FRUIT OR FRUIT JUICE, MILK

WG BREAKFAST PIZZA **23**
GRAB & GO PACK
FRUIT OR FRUIT JUICE MILK

CHEESE OMELET W TRI TATAR **30**
GRAB & GO PACK
FRUIT OR FRUIT JUICE , MILK

Wednesday

YOGURT W/ GRAHAM CRACKERS **3**
GRAB & GO PACK
FRUIT OR FRUIT JUICE, MILK

WG DUTCH WAFFLE **10**
GRAB & GO PACK
FRUIT OR FRUIT JUICE MILK

WG FRENCH TOAST **17**
GRAB & GO PACK
FRUIT OR FRIUT JUICE MILK

SAUSAGE GRAVY & WG BISCUIT **24**
GRAB & GO PACK
FRUIT OR FUIT JUICE, MILK

WG MINI BAGEL **31**
GRAB & GO PACK
FRUIT OR FRUIT JUICE MILK

Thursday

WG MINI BAGEL **4**
GRAB & GO PACK
FRUIT OR FRUIT JUICE MILK

WG BREAKFAST SANDWI **11**
GRAB & GO PACK
FRUIT OR FRUIT JUICE MILK

WG MINI PANCAKES **18**
GRAB & GO PACK
FRUIT OR FRUIT JUICE MILK

WG DOUGHNUT **25**
GRAB & GO PACK
FRUIT OR FRUIT JUICE , MILK

Friday

WG BREAKFAST PIZZA **5**
GRAB & GO PACK
FRUIT OR FRUIT JUICE MILK

WG BREAKFAST PIZZA **12**
GRAB & GO PACK
FRUIT OR FRUIT JUICE MILK

WG BREAKFAST PIZZA **19**
GRAB & GO PACK
FRUIT OR FRUIT JUICE, MILK

WG BREAKFAST PIZZA **26**
GRAB & GO PACK
FRUIT OR FRUIT JUICE , MILK

