

BREAKFAST IN THE CLASSROOM for Winter Hill

SEPTEMBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Free breakfast is available for all students every day! 26	<i>"This institution is an equal opportunity employer."</i> 27	Wheat Bagel with cream cheese 28	Waffles 29	NO SCHOOL 30
NO SCHOOL 2	Assorted Cereal Graham Crackers 3	Wheat Bagel with cream cheese 4	Waffles 5	Pancakes 6
Warm Breakfast Breads 9	Assorted Cereal Graham Crackers 10	Bagelful 11	Sausage Egg and Cheese on a Biscuit 12	Yogurt and Granola 13
Nutrigrain Bar with Graham Crackers 16	Assorted Cereal Graham Crackers 17	Wheat Bagel with cream cheese 18	Waffles 19	Pancakes 20
Warm Assorted Muffins 23	Assorted Cereal Graham Crackers 24	Bagelful 25	Sausage Egg and Cheese on a Biscuit 26	Yogurt and Granola 27

FUEL UP with BREAKFAST!

"Eat your breakfast. It's the most important meal of the day!" Why are parents always saying that? Well, imagine you're a car. After a long night of sleeping, your fuel tank is empty. Breakfast is the fuel that gets you going so you can hit the road.



A fluid 8oz 1% milk and fresh fruit is available with each breakfast.

All cereals offered are low sugar.

All breakfast items are whole grain.