

# Carson City Elementary Breakfast Menu

August/September 2011

Updated 7/7/2011



**WG** Made with healthy Whole Grains

**Locally Grown** Local ingredients are used when in season

**22 Stacked Pancakes** **WG**  
Assorted Cereals **WG**  
*featured sides*  
Sliced Apples  
Fruit Juice  
Diced Pears

**23 Fruited Yogurt Parfait**  
Assorted Cereals **WG**  
*featured sides*  
Fresh Cantaloupe  
Orange Juice  
Pineapple Tidbits

**24 Sausage Biscuit Sandwich**  
Assorted Cereals **WG**  
*featured sides*  
Fresh Watermelon  
Grape Juice  
Applesauce

**25 Scrambled Eggs w/ Toast**  
Assorted Cereals **WG**  
*featured sides*  
Fresh Banana  
Pineapple Juice  
Diced Peaches

**26 Homemade Apple Muffin**  
Assorted Cereals **WG**  
*featured sides*  
Orange Wedge  
Apple Juice  
Mixed Fruit Cocktail

**29 Egg & Cheese Breakfast Burrito**  
Assorted Cereals **WG**  
*featured sides*  
Sliced Apples  
Fruit Juice  
Diced Pears

**30 Egg Muffin w/Ham**  
Assorted Cereals **WG**  
*featured sides*  
Fresh Cantaloupe  
Orange Juice  
Pineapple Tidbits

**31 French Toast Sticks**  
Assorted Cereals **WG**  
*featured sides*  
Fresh Watermelon  
Grape Juice  
Applesauce

**1 Breakfast Pizza**  
Assorted Cereals **WG**  
*featured sides*  
Fresh Banana  
Pineapple Juice  
Diced Peaches

**2 Jumbo Cinnamon Roll**  
Assorted Cereals **WG**  
*featured sides*  
Orange Wedge  
Apple Juice  
Mixed Fruit Cocktail

**5 Labor Day Holiday**  
*featured sides*

**6 Pancakes w/Syrup**  
Assorted Cereals **WG**  
*featured sides*  
Fresh Cantaloupe  
Orange Juice  
Pineapple Tidbits

**7 Fruited Yogurt Parfait**  
Assorted Cereals **WG**  
*featured sides*  
Fresh Watermelon  
Grape Juice  
Applesauce

**8 Egg Muffin w/Sausage**  
Assorted Cereals **WG**  
*featured sides*  
Fresh Banana  
Pineapple Juice  
Diced Peaches

**9 Homemade Blueberry Muffin**  
Assorted Cereals **WG**  
*featured sides*  
Orange Wedge  
Apple Juice  
Mixed Fruit Cocktail

**12 Breakfast Pizza**  
Assorted Cereals **WG**  
*featured sides*  
Sliced Apples  
Fruit Juice  
Diced Pears

**13 Egg Muffin w/Ham**  
Assorted Cereals **WG**  
*featured sides*  
Fresh Cantaloupe  
Orange Juice  
Pineapple Tidbits

**14 Professional Development Day**  
*featured sides*

**15 Breakfast Taco**  
Assorted Cereals **WG**  
*featured sides*  
Fresh Banana  
Pineapple Juice  
Diced Peaches

**16 Scrambled Eggs w/Sausage Links**  
Assorted Cereals **WG**  
*featured sides*  
Orange Wedge  
Apple Juice  
Mixed Fruit Cocktail

**19 French Toast Sticks** **WG**  
Assorted Cereals **WG**  
*featured sides*  
Sliced Apples  
Fruit Juice  
Diced Pears

**20 Pancake Wrap** **WG**  
Assorted Cereals **WG**  
*featured sides*  
Fresh Cantaloupe  
Orange Juice  
Pineapple Tidbits

**21 Strawberry Yogurt Parfait**  
Assorted Cereals **WG**  
*featured sides*  
Fresh Watermelon  
Grape Juice  
Applesauce

**22 Egg Muffin w/Bacon**  
Assorted Cereals **WG**  
*featured sides*  
Fresh Banana  
Pineapple Juice  
Diced Peaches

**23 Cinnamon Roll**  
Assorted Cereals **WG**  
*featured sides*  
Orange Wedge  
Apple Juice  
Mixed fruit

**entree includes**

**Take up to 2 sides**

**Side Dish of Oatmeal**  
A healthy bowl of oats gets the body ready to learn. Look for our daily featured flavors.

**Choice of Fruit or Juice**  
Fresh fruit varieties, juice packed, & 100% juice available daily

**Grab a Milk**

**Choice of Milk**  
Varieties include 1% low fat and flavored fat-free choices

**BREAKFAST IS MY FAVORITE MEAL OF THE DAY**

*Be sure to start your day off right with a good breakfast! A balanced meal in the morning will give you the energy and nutrition you need to fuel your brain and body.*

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