

AUGUST 2019 BREAKFAST MENU

All meals prepared
by iCookCafe:

www.icookcafe.com



Available Daily BREAKFAST

Every complete meal served
comes with choice of entrée,
fresh fruit or other daily
options and choice of
1% or non-fat white milk.



WEEK 1-2

Thursday, August 1st

1 PC Cereal Variety (WG, V)

Friday, August 2nd - August 9th

No School



Check out CA Grown produce
each month on the menu
www.harvestofthemonth.com

August HARVEST OF THE MONTH Potatoes

Did you know?

A ½ cup of cooked potatoes
provides:

A good source of vitamin C,
carbohydrates and fiber
and vitamin B6, niacin, thiamin,
and potassium.

S: Made from Scratch, **WG:** Whole Grain, **V:** Vegetarian

August Breakfast Menu: *Featured Daily Specials*

WEEK 3

Monday, August 12th

No School

Tuesday, August 13th

Cereal & String Cheese

Wednesday, August 14th

Yogurt & Granola

Thursday, August 15th

Pop Tarts

Friday, August 16th

Nutri Bar

WEEK 4

Monday, August 19th

Cereal & Graham Crackers

Tuesday, August 20th

Cereal & String Cheese

Wednesday, August 21st

Assorted Muffins

Thursday, August 22nd

Breakfast Bar

Friday, August 23rd

Freshly Baked Cinnamon Rolls

WEEK 5

Monday, August 26th

Cereal & Graham Crackers

Tuesday, August 27th

Cereal & String Cheese

Wednesday, August 28th

Plain Bagel & Cream Cheese

Thursday, August 29th

Mini Pancakes

Friday, August 30th

Yogurt & Graham Crackers