



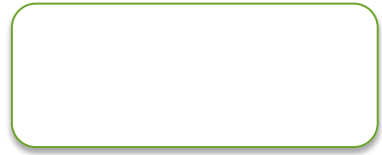
chartwells
Discovery
KITCHEN



K-5 : Cairo Elementary August 2019 Breakfast Menu

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|---|---|
| | | | 1. | 2. |
| 5. | 6. | 7. | 8. | 9. |
| 12. Breakfast Pizza Cinnamon Applesauce Orange Juice | 13. Scrambled Eggs w/ Cheddar Cheese Cinnamon Toast Chilled Peaches Apple Juice | 14. Turkey Ham, Egg Cheese Burrito Chilled Pineapple Fruit Punch Juice | 15. French Toast Sticks W/ Maple Syrup Fresh Orange Wedges Grape Juice | 16. Biscuit & Gravy Baked Apple Slices Apple Juice |
| 19. Breakfast Pizza Fresh Orange Wedges Grape Juice | 20. Buttermilk Pancakes w/ Syrup Chilled Pears Apple Juice | 21. Sausage w/ Cheese Biscuit Fresh Red Grapes Fruit Juice | 22. French Toast Sticks w/ Maple Syrup Chilled Peaches Apple Juice | 23. Biscuit & Gravy Pineapple Tidbits Orange Juice |
| 26 Breakfast Pizza Rosy Applesauce Apple Juice | 27. Sausage Pancake on a Stick Chilled Peaches Fruit Punch Juice | 28. Scrambled Eggs w/ Cheddar Cheese Cinnamon Toast Pineapple Tidbits Grape Juice | 29. Blueberry Parfait W/ Granola Fresh Orange Wedge Apple Juice | 30. Biscuit & Gravy Fresh Red Apple Halve Orange Juice |
| Daily Alternates | | | | |
| Assorted Muffins & Cereal | Assorted Muffins & Cereal | Assorted Muffins & Cereal | Assorted Muffins & Cereal | Assorted Muffins & Cereal |
| Paired w/ String Cheese Graham Cracker or Yogurt | Paired w/ String Cheese Graham Cracker or Yogurt | Paired w/ String Cheese Graham Cracker or Yogurt | Paired w/ String Cheese Graham Cracker or Yogurt | Paired w/ String Cheese Graham Cracker or Yogurt |

BREAKFAST: A full student breakfast includes a choice of entree supplying grain and/or protein, two (2) fruit side dishes and choice of milk. Milk choices include 1% white and skim chocolate.





Please update the bottom of each menu with the Food Focus of the Month as applicable to your menus:



This month
we're celebrating
cranberries



This month
we're celebrating
tomatoes



This month
we're celebrating
berries



This month
we're celebrating
autumn squash

