

October 2017

Logan-Magnolia School

BREAKFAST



Toast & Cereal and Poptart & Yogurt are offered with Juice, Milk and Fruit daily. Menu items subject to change. **EQUAL OPPORTUNITY EMPLOYER**



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

Tuesday

Wednesday

Thursday

Friday

2

WG Waffles

3

WG Bagel

4

WG Biscuits & Gravy

5

Breakfast Bake w/WG Toast

6

Grab & Go

9

WG French Toast

10

WG Sausage on a Stick

11

WG Donut

12

WG Pancakes

13

Grab & Go

16

WG Chocolate Chip Muffin

17

WG Breakfast Wrap

18

WG Breakfast Pizza

19

Omelet, Sausage Link w/WG Toast

20

Grab & Go

23

WG Waffles

24

WG Bagel

25

WG Biscuit & Gravy

26

Breakfast Bake w/WG Toast

27

NO SCHOOL

30

WG French Toast

31

WG Sausage on a Stick

