

October 2018

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

1

Breakfast Bake w/WG Toast

2

WG Muffin

3

WG Biscuits & Gravy

4

WG Waffles

5

Grab & Go

8

WG Bagel

9

WG French Toast

10

WG Donut

11

WG Sausage on a Stick

12

Grab & Go

15

WG Pancakes

16

WG Muffin

17

WG Breakfast Pizza

18

WG Breakfast Wrap

19

Grab & Go

22

WG Waffles

23

WG Bagel

24

WG Biscuits & Gravy

25

Breakfast Bake w/WG Toast

26

Grab & Go

29

WG French Toast

30

WG Sausage on a Stick

31

WG Donut

