

August 2019

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: Drink water! Sip water or other drinks with few or no calories to help maintain a healthy weight. Keep a water bottle in your bag or at your desk to satisfy your thirst throughout the day.

Reference: USDA MyPlate



Monday



Tuesday

Wednesday

Thursday

Friday

5

6

7

1

2

8

9

12

13

14

15

16

19

20

21

22

23

Grab & Go

26

Sausage, Egg, Cheese Link w/
WG Toast

27

WG French Toast

28

WG Donut

29

WG Sausage on a Stick

30

Grab & Go