

# October 2019

## Logan-Magnolia School

### BREAKFAST



Toast & Cereal and Poptart & Yogurt are offered with Juice, Milk and Fruit daily. Menu items subject to change. THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.



**Nutrition Tip:** Start with breakfast. Eat a breakfast that helps you meet your food group needs. People who skip breakfast often weigh more. Eating a nutrient-dense breakfast may help you lose weight and keep it off. Reference: USDA MyPlate



#### Monday

#### Tuesday

#### Wednesday

#### Thursday

#### Friday

1

1  
Breakfast Scramble Pizza

2  
WG Biscuits & Gravy

3  
WG Waffles

4  
Grab & Go

7  
WG Bagel

8  
Breakfast Bake w/WG Toast

9  
WG Donut

10  
WG French Toast

11  
Grab & Go

14  
Sausage, Egg & Cheese Biscuit

15  
WG Sausage on a Stick

16  
WG Pizza

17  
WG Pancakes

18  
Grab & Go

21  
WG Breakfast Wrap

22  
WG Waffles

23  
WG Biscuits & Gravy

24  
WG Bagel

25  
Grab & Go

28  
Breakfast Bake w/WG Toast

29  
WG French Toast

30  
WG Donut

31  
Sausage, Egg & Cheese Biscuit

