

February 2019

Drummond Area School District

BREAKFAST



Breakfast is free for all students!
This institution is an equal opportunity provider.



Nutrition Tip: Jump start your day with breakfast! Whole grains provide lasting energy through the school day.



Monday

Tuesday

Wednesday

Thursday

Friday

1) School Made Muffin or Cereal, Yogurt Fruit and Juice, Milk

2) School Made Muffin or Cereal, Yogurt Fruit and Juice, Milk

3) School Made Muffin or Cereal, Yogurt Fruit and Juice, Milk

4) School Made Muffin or Cereal, Yogurt Fruit and Juice, Milk

1) School Made Muffin or Cereal, Yogurt Fruit and Juice, Milk

4) WG Doughnut with String Cheese or Cereal Fruit and Juice, Milk

5) Pancake/ Turkey Sausage on a Stick or Oatmeal or Cereal, Fruit and Juice, Low fat milk

6) Cherry or Apple Frudel or Cereal, Fruit and Juice, Low Fat Milk

7) Egg and Turkey Sausage Sand. or Cereal Fruit and Juice, Low fat milk

8) School Made Muffin or Cereal, Yogurt Fruit and Juice, Milk

11) WG Doughnut with String Cheese or Cereal Fruit and Juice, Milk

12) Pancake/ Turkey Sausage on a Stick or Oatmeal or Cereal, Fruit and Juice, Low fat milk

13) Cherry or Apple Frudel or Cereal, Fruit and Juice, Low Fat Milk

14) Egg and Turkey Sausage Sand. or Cereal Fruit and Juice, Low fat milk

15) School Made Muffin or Cereal, Yogurt Fruit and Juice, Milk

18) WG Doughnut with String Cheese or Cereal Fruit and Juice, Milk

19) Pancake/ Turkey Sausage on a Stick or Oatmeal or Cereal, Fruit and Juice, Low fat milk

20) Cherry or Apple Frudel or Cereal, Fruit and Juice, Low Fat Milk

21) Vacation

22) Vacation

25) WG Doughnut with String Cheese or Cereal Fruit and Juice, Milk

26) Pancake/ Turkey Sausage on a Stick or Oatmeal or Cereal, Fruit and Juice, Low fat milk

27) Cherry or Apple Frudel or Cereal, Fruit and Juice, Low Fat Milk

28) Egg and Turkey Sausage Sand. or Cereal Fruit and Juice, Low fat milk

