



CEREALS
Cocoa Puff
Cinnamon Toast Crunch
Lucky Charms

October 2018

SERVED DAILY
Fruit or 100 % Fruit Juice
1% WHITE OR FAT FREE FLAVORED MILK

COVINGTON ISD

K-12th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1				
Mini Pancakes Blueberry Muffin Cereal w/Buttered Toast Fruit Juice/Fresh Fruit Jelly/Syrup	Breakfast Pizza Glazed Donut Holes Cereal W/Cinnamon Toast Fresh Fruit Chilled Mandarin Oranges Jelly	Waffle Fruit Toppings Strawberry Or Blueberry Sausage Links Oatmeal W/Buttered Toast Fruit Juice/Fresh Fruit Jelly/Syrup	Sausage Biscuit Cereal W/Cinnamon Toast Fresh Fruit Blushing Pears Jelly	Oatmeal Smoothie W Graham Crackers Cereal W/Buttered Toast Fruit Juice/Fresh Fruit Jelly
WEEK 2				
Pancake On Stick Cereal w/Buttered Toast Fruit Juice Fresh Fruit Jelly/Syrup	Breakfast On Bun Cocoa Puff Parfait Cereal W/Cinnamon Toast Fresh Fruit Chilled Peaches Jelly	Pancakes Fruit Toppings Strawberry Or Blueberry Oatmeal W/Buttered Toast Fruit Juice/Fresh Fruit Jelly/Syrup	Scrambled eggs Yogurt Cup W/ Graham Crackers Cereal W/Cinnamon Toast Fresh Fruit Baked Cinnamon Apples Jelly/Salsa	French Toast Sticks Cinnamon Roll Cereal W/Buttered Toast Fruit Juice/Fresh Fruit Jelly/ Syrup

Menu Will Repeat Every Two Weeks.



WHY EAT SCHOOL BREAKFAST???

School Breakfast really is the most important meal of the day for kids as it provides the necessary fuel to start a day of learning and achievement.

Higher Academic Scores

Students who eat breakfast earn, on average, a letter grade higher in math than kids who don't

Improved behavior

Hungry children are more likely to have discipline problems

Reduced tardiness and absenteeism

Kids who participate in the School Breakfast Program are tardy and/or absent from school less.

This Product is funded by USDA. This institution is an equal opportunity provider.