

August 2021 ~ Breakfast ~ K - 5th



Network for a Healthy California

The Harvest of the Month featured Vegetable is...
Salad Greens!

	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
Week 8/11 ~ 8/13 8/23 ~ 8/27	Banana Muffin or Choice of Cereal	Belgian Waffle or Choice of Cereal	Bagel + Cream Cheese or Choice of Cereal	Cinnamon Roll or Choice of Cereal	Breakfast Sausage Pizza or Choice of Cereal
Week 8/16 ~ 8/20 8/30 & 8/31	Double Chocolate Muffin or Choice of Cereal	Glazed French Toast + Syrup or Choice of Cereal	Bagel + Cream Cheese or Choice of Cereal	Banana Pan Bread or Choice of Cereal	Breakfast Sausage Pizza or Choice of Cereal

**WELCOME
BACK**

**Breakfast Combos + Lunch Combos
are free of charge
(1 breakfast and 1 lunch per student per day)
for the 2021-2022 School Year**

Breakfast Includes
-Assorted Fresh Fruit
-Assorted Fruit Juice
-1% White Milk or
Non-Fat Chocolate
Milk

Fun Facts:
~ Lettuce was among the first vegetables brought to the New World by Christopher Columbus.
~ In the U.S., lettuce is the second most popular vegetable (behind potatoes).



Friendly Reminder®

Meal Applications from 2020-2021 expired Sept. 27th. Fill out your **NEW** 2021- 2022 meal application online!
www.MurrietaSchoolNutrition.com

Easily add money to your students account



Second Breakfast \$1.75

