

October 2020

Camp Lejeune Community Schools K-8

BREAKFAST



School Information: October 12-16 is officially National School Lunch Week! President John F. Kennedy created (NSLW) to promote the importance of a healthy school lunch in a student's life and both inside and outside of the classroom.



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

Monday

Tuesday

Wednesday

Thursday

Friday



Egg and Cheese Muffin
Applesauce
Milk **5**

Muffin
Cereal
Juice
Milk **6**

French Toast Sticks
Pineapple Tidbits
Milk **7**

Yogurt
Toast
Mixed Fruit
Milk **1**

Pop Tart
Cereal
Juice
Milk **2**

Pancake Sausage On Stick
Mixed Fruit
Milk **8**

Oatmeal
Cinnamon Toast
Juice
Milk **9**

Columbus Day **12**
Holiday

No School **13**

Pop Tart
Cereal
Applesauce Cup
Milk **14**

Bagel
Strawberry Cream Cheese
Mixed Fruit
Milk **15**

Assorted Danish
Cereal
Crisp Apple
Milk **16**

Oatmeal
Cinnamon Toast
Juice
Milk **19**

French Toast Sticks
Pineapple Tidbits
Orange Wedges
Milk **20**

Muffin
Cereal
Juice
Milk **21**

Yogurt
Toast
Peaches
Milk **22**

Sausage Biscuit
Applesauce
Milk **23**

Egg and Cheese Muffin
Mixed Berry Cup
Milk **26**

Pop Tart
Cereal
Applesauce
Milk **27**

Pancake Sausage On Stick
Peaches
Milk **28**

Muffin
Cereal
Juice
Milk **29**

No School **30**
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