

October 2020

Camp Lejeune Community Schools 9-12

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



Nutri-Grain Bar **1**
Cereal
Juice
Milk

French Toast Sticks **2**
Cereal
Juice
Milk

Muffin **5**
Cereal
Applesauce Cups
Milk

Pancake Sausage Rollup **6**
Mixed Fruit
Juice
Milk

Pop Tart **7**
Oatmeal
Pineapple Tidbits
Milk

Yogurt **8**
Cereal
Mixed Fruit
Milk

Assorted Danish **9**
Cereal
Juice
Milk

Columbus Day 12
Holiday

No School 13

Nutri-Grain Bar **14**
Cereal
Applesauce Cup
Milk

Bagel **15**
Strawberry Cream Cheese
Cereal
Juice
Milk

Muffin **16**
Cereal
Apple
Milk

Egg and Cheese Muffin **19**
Juice
Raisins
Milk

French Toast Sticks **20**
Pineapple Tidbits
Peaches
Milk

Oatmeal **21**
Cinnamon Toast
Juice
Milk

Yogurt **22**
Toast
Mixed Fruit
Milk

Breakfast Cheese Toast **23**
Applesauce
Juice
Milk

Muffin **26**
Cereal
Mixed Berry Cup
Milk

Pancake Sausage Rollup **27**
Cereal
Mixed Fruit
Milk

Pop Tart **28**
Cereal
Peaches
Milk

Muffin **29**
Cereal
Juice
Milk

No School 30
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