

September 2020

PARK CITY SCHOOLS

BREAKFAST



Breakfast Prices

K-12 \$1.35 Adults \$2.00



Nutrition Tip: September is Whole Grains Month! Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



Monday



NO SCHOOL

7

Granola Bars,
Applesauce &
Milk

14

Poptarts,
Applesauce,
Hardboiled Eggs & Milk

21

NO SCHOOL

28

Tuesday

Mini Waffles,
Pears & Milk

1

Egg & Cheese
Biscuit, Applesauce &
Milk

8

Mini French Toast
Sticks, Peaches & Milk

15

Mini Pancakes,
Mandarin Oranges &
Milk

22

Breakfast On a
Stick, Watermelon &
Milk

29

Wednesday

Assorted Cereal,
Cheese Stick, Wango
Mango Juice Milk

4

Assorted Cereal,
Cheese Stick,
Apple Juice & Milk

9

Assorted Cereal,
Cheese Stick, Wango
Mango Juice Milk

16

Assorted Cereal,
Cheese Stick,
Grape Juice & Milk

23

Assorted Cereal,
Cheese Stick,
Orange Juice & Milk

30

Thursday

Yougurt,
Blueberries, Granola &
Milk

3

Cinnamon Bagel
Sticks, Pears &
Milk

10

Yougurt,
Blueberries,
Granola & Milk

17

Breakfast
Burrito, Fruit
Cocktail & Milk

24

Friday

Blueberry
Muffins, Orange
Juice & Milk

4

Cereal Bar,
Grape Juice & Milk

11

Muffins,
Apple Juice & Milk

18

Doughnut Squares,
Mixed Fruit Juice &
Milk

25

