

September 2019

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.

Reference: USDA MyPlate



Monday

NO SCHOOL

2

Tuesday

French Toast Sticks
Fruit Milk, or Grab
& Go

3

Wednesday

3 Choices of Cereal,
Juice, Milk or
Grab & Go

4

Thursday

Stuffed Hashbrowns
Fruit, Milk, or
Grab & Go

5

Friday

Choices of
Smoothies,
Muffins, Milk, or Grab &
Go

6

Homemade Granola
Bars, Fruit, Milk or
Grab & Go

9

Chocolate Chip
Pancakes, Fruit, Milk or
Grab & Go

10

3 Choices of Cereal,
Juice, Milk or
Grab & Go

11

Biscuits & Gravy,
Fruit, Milk or
Grab & Go

12

Choices of
Smoothies, Muffins,
Milk, or Grab & Go

13

Yogurt Bar, Fruit
Milk, or Grab &
Go

16

Ham & Eggs, Fruit,
Milk, or Grab & Go

17

3 Choices of Cereal,
Juice, Milk or
Grab & Go

18

Breakfast Pizza,
Fruit, Milk, or
Grab & Go

19

Choices of
Smoothies, Muffins,
Milk, or Grab & Go

20

Homemade
Granola Bars,
Fruit, Milk or Grab &
Go

23

Breakfast Burrito,
Fruit, Milk, or
Grab & Go

24

3 Choices of Cereal,
Juice, Milk or
Grab & Go

25

Cinnamon Rolls,
Fruit, Milk, or
Grab & Go

26

Choices of
Smoothies, Muffins,
Milk, or Grab & Go

27

NO SCHOOL

30

