

BELMONT HARRISON CAREER CENTERS



FREE BREAKFAST

BREAKFAST Menu

August-December 2024

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	FRENCH TOAST FRUIT, YOGURT MILK, JUICE	PANCAKE WRAPS FRUIT, YOGURT MILK, JUICE	PARFAITS FRUIT, YOGURT MILK, JUICE	FRUDELS FRUIT, YOGURT MILK	DONUT HOLES FRUIT, YOGURT MILK, JUICE
2	STRAWBERRY or CINNAMON BAGELS FRUIT, YOGURT MILK, JUICE	TEXAS APPLE CINNAMON TOAST FRUIT, YOGURT MILK, JUICE	PARFAITS FRUIT, YOGURT MILK, JUICE	ASSORTED FLAVORED WAFFLES FRUIT YOGURT, MILK, JUICE	CINNAMON ROLLS FRUIT, YOGURT MILK, JUICE
3	ASSORTED MUFFINS FRUIT YOGURT MILK, JUICE	BANANA OR BLUEBERRY BREAD FRUIT YOGURT MILK, JUICE	PARFAITS FRUIT, YOGURT MILK, JUICE	BREAKFAST PIZZA FRUIT, YOGURT MILK	DONUT HOLES FRUIT, YOGURT MILK, JUICE
4	UMB ROUNDS FRUIT YOGURT MILK, JUICE	Breakfast BURRITO FRUIT YOGURT MILK, JUICE	PARFAITS FRUIT, YOGURT MILK, JUICE	ASSORTED FLAVORED WAFFLES FRUIT YOGURT, MILK, JUICE	CINNAMON ROLLS FRUIT YOGURT MILK, JUICE

OTHER DAILY SELECTIONS:

ENTREES

Assorted Cereals
Pop tarts
Yogurt
Fruit

DRINKS

Milk
Juice

NUTRITION BITES

- Breakfast is an important source of vitamin D and calcium, providing 40% of vitamin D and 25% of calcium to children age 2 to 19
- Cereal contributes less than 10% of calories, but over 25% of daily intake of essential nutrients and whole grain in the diet of children who eat cereal

August 2024

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

September 2024

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

October 2024

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

November 2024

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

December 2024

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Week 1 Meal Plan
 Week 2 Meal Plan
 Week 3 Meal Plan
 Week 4 Meal Plan