

# BELMONT-HARRISON CAREER CENTERS



FREE BREAKFAST FOR STUDENTS  
STAFF BREAKFAST \$12.75

## BREAKFAST Menu

January-July 2025

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

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.

### 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

January 2025

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	

February 2025

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	

March 2025

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					

April 2025

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			

May 2025

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	

June 2025

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					

July 2025

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

1. 2015-2020 Dietary Guidelines for Americans
2. US DAMyPlate.gov <http://www.myplate.gov>