

BREAKFAST

September 2014

DILLER-ODELL PUBLIC SCHOOL

Breakfast Fact

Whole grains are most frequently consumed at breakfast. Ready-to-eat cereals are the #1 source of whole grain among children aged two to 18 years.

Reference: IFIC, Review of Breakfast and Health, 2008.

* monday

* tuesday

* wednesday

* thursday

* friday

LABOR DAY
NO SCHOOL

1

WG CEREAL
WG TOAST
FRUIT/JUICE
MILK

2

PANCAKE & SAUSAGE
ON A STICK
PINEAPPLE
JUICE
MILK

3

OMELET
WG TOAST
PEACHES
JUICE
MILK

4

WG CEREAL
WG POPTART
FRUIT/JUICE
MILK

5

WG CEREAL
WG TOAST
FRUIT/JUICE
MILK

8

WAFFLE
SAUSAGE LINK
APPLESAUCE
JUICE
MILK

9

FRENCH TOAST STIX
KIWI
JUICE
MILK

10

BISCUIT & GRAVY
PINEAPPLE
JUICE
MILK

11

WG MUFFIN
BANANA
JUICE
MILK

12

WG CEREAL
WG TOAST
FRUIT/JUICE
MILK

15

BREAKFAST PIZZA
TROPICAL FRUIT
JUICE
MILK

16

PANCAKE & SAUSAGE
ON A STICKE
PINEAPPLE
JUICE
MILK

17

EGG TACO
FRESH FRUIT
JUICE
MILK

18

WG CEREAL
WG POPTART
FRUIT/JUICE
MILK

19

WG CEREAL
WG TOAST
FRUIT/JUICE
MILK

22

CINNAMON BREAKFAST
CAKE
APPLESAUCE
JUICE
MILK

23

FRENCH TOAST STIX
WATERMELON
JUICE
MILK

24

NO SCHOOL

25

NO SCHOOL

26

WG CEREAL
WG TOAST
FRUIT/JUICE
MILK

29

WAFFLE
YOGURT CUP
SLICED PEACHES
JUICE
MILK

30

September is
Whole Grains Month

LUNCH

September 2014

DILLER-ODELL PUBLIC SCHOOL

Lunch Fact

The 2010 Dietary Guidelines for Americans recommend that at least half of your grains are whole. For most people, that translates into at least 48 grams daily.



* monday

LABOR DAY
NO SCHOOL

1

* tuesday

BBQ RIB ON WG BUN
POTATO SALAD
BABY CARROTS
PINEAPPLE
MILK

2

* wednesday

SALISBURY STEAK
MASHED POTATOES
GREENBEANS
GRAPES
WG ROLL MILK

3

* thursday

GRILLED CHICKEN PATT
ON WG BUN
BAKED BEANS
APPLESAUCE CUP
MILK

4

* friday

LASAGNA
TOSSED SALAD
WATERMELON
FRENCH BREAD
MILK

5

SWEET & SOUR
CHICKEN NUGGETS
BROWN RICE
GREEN BEANS
TROPICAL FRUIT MILK

8

SUPER NACHOS
CORN
FRUIT COCKTAIL
COOKIE MILK

9

ITALIAN DUNKERS
SUNSHINE GARDEN SALAD
STEAMED PEAS
APPLESAUCE
MILK

10

CRISPY CHICKEN WRAP
SWEET P OTATO FRIES
FRESH BROCCOLI
PEARS
MILK

11

RUNZA OR
PBJ
BABY CARROTS
PINEAPPLE
RICE CRISPY BAR MILK

12

POPCORN CHICKEN
CHEEZY CAULIFLOWER
SLICED PEACHES
WG ROLL
MILK

15

SLOPEY JOE ON WG BUN
SWEET POTATO PUFFS
PEARS
PEANUT BUTTER BAR
MILK

16

BEEF & NOODLES
MASHED POTATOES
GREEN BEANS
APPLE SLICES
WG ROLL MILK

17

MINI MEATBALL SUB
RANCH POTATO WEDGES
TOSSED SALAD
PINEAPPLE
MILK

18

TACO SALAD
REFRIED BEANS
WATERMELON
CINNAMON BREAD
MILK

19

BURRITO
CORN
TORTILLA CHIPS/SALSA
FRUIT COCKTAIL
MILK

22

STROMBOLI
SUNCHIPS
BABY CARROTS
FRUIT SALAD
MILK

23

DELI SANDWICH
SWEET POTATO FRIES
WATERMELON
YOGURT CUP
MILK

24

NO SCHOOL

25

NO SCHOOL

26

MANDARIN ORANGE
CHICKEN/BROWN RICE
ORIENTAL VEGETABLES
PEACHES WG ROLL
MILK

29

BREAKFAST FOR LUNCH
PANCAKES
SAUSAGE LINKS
TRI-TATOR
JUICE MILK

30

FRESH VEGETABLE & FRUIT BAR AVAILABLE DAILY

**September is
Whole Grains
Month**