



### WEST ELEMENTARY



**Nutrition Tip:** Compared to kids who don't eat yogurt, children ages 6 – 12 years old who consume yogurt consume more bone health promoting nutrients: Calcium (23% more), Vitamin D (19% more) and Potassium (8% more).

Reference: NHANES 2013 - 1016

#### Monday



#### Tuesday

#### Wednesday

#### Thursday

#### Friday

Waffles w/sausage **1**  
Cereal, poptart or  
muffin. Juice/ milk

Bacon, egg & cheese **2**  
Cereal, poptart or  
muffin. Juice/milk

Mini cinnamon roll **3**  
w/sausage. Cereal,  
muffin or poptart.  
Juice/milk

Sausage biscuit **4**  
Cereal, muffin or  
poptart. Juice/milk

Breakfast pizza **7**  
Cereal, muffin or  
poptart. Juice/milk

French toast w/ sausage **8**  
Cereal, poptat or muffin  
Juice/milk

Bacon, egg & cheese **9**  
Cereal, muffin or  
poptart. Juice/milk

Mini cinnamon **10**  
roll w/ sausage.  
Cereal,muffin or  
poptart. Juice/milk

Sausage biscuit **11**  
Cereal, muffin or  
poptart. Juice/milk

Breakfast pizza **14**  
Cereal, muffin or  
poptart. Juice/milk

Pancakes w/sausage **15**  
Cereal, muffin or pop  
tart. Juice/milk

Bacon, egg & cheese **16**  
Muffin, cereal or pop  
tart. Juice/milk

Mini cinnamon **17**  
roll w/sausage  
Cereal or poptart  
Juice/milk

Sausage biscuit **18**  
Cereal or pop tart  
Juice/milk

**21**

**22**

**23**

**24**

**25**

**28**

**29**

**30**

**31**

