

October 2018

Dundee Elementary Academy

BREAKFAST



School Information: Menu is subject to change. We serve a variety of milk daily.

This is an equal opportunity work place.



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

Tuesday

Wednesday

Thursday

Friday

Apple Farmer Bar **1**
Cereal
Juice/ Fresh Fruit

Breakfast Burrito **2**
Cereal
Juice/ Fresh Fruit

Egg & Cheese Melt **3**
Cereal
Juice/ Fresh Fruit

Cinnamon Bar **4**
Cereal
Juice/ Fresh Fruit

Pizza Sliders **5**
Cereal
Juice/ Fresh Fruit

Pancake Wraps **8**
Cereal
Juice/ Fresh Fruit

Mini French Toast **9**
Cereal
Juice/ Fresh Fruit

Chicken Biscuit **10**
Cereal
Juice/ Fresh Fruit

Mini Pancakes **11**
Cereal
Juice/ Fresh Fruit

Rolled Taco **12**
Cereal
Juice/ Fresh Fruit

NO SCHOOL **15**

Mini Waffles **16**
Cereal
Juice/ Fresh Fruit

Sausage Biscuit **17**
Cereal
Juice/ Fresh Fruit

Mini Pancakes **18**
Cereal
Juice/ Fresh Fruit

Breakfast Tornado **19**
Cereal
Juice/ Fresh Fruit

Apple Farmer Bar **22**
Cereal
Juice/ Fresh Fruit

Breakfast Burrito **23**
Cereal
Juice/ Fresh Fruit

Egg & Cheese Melt **24**
Cereal
Juice/ Fresh Fruit

Cinnamon Bar **25**
Cereal
Juice/ Fresh Fruit

Pizza Sliders **26**
Cereal
Juice/ Fresh Fruit

Pancake Wraps **29**
Cereal
Juice/ Fresh Fruit

Mini French Toast **30**
Cereal
Juice/ Fresh Fruit

Chicken Biscuit **31**
Cereal
Juice/ Fresh Fruit

