



# Manila Elementary Breakfast Menu

September 2018

<p>3</p> <p>No School</p>	<p>4</p> <p>Cherry Frudel Assorted Fruit Juice Milk</p>	<p>5</p> <p>Breakfast Pizza Assorted Fruit Juice Milk</p>	<p>6</p> <p>Bagel w/ Cream Cheese Assorted Fruit Juice Milk</p>	<p>7</p> <p>Sausage biscuit Assorted Fruit Juice Milk</p>
<p>10</p> <p>Blueberry waffle Assorted Fruit Juice Milk</p>	<p>11</p> <p>Egg and ham biscuit Assorted Fruit Juice Milk</p>	<p>12</p> <p>Bagel and sausage Assorted Fruit Juice Milk</p>	<p>13</p> <p>Glazed donut Assorted Fruit Juice Milk</p>	<p>14</p> <p>Super Donut Assorted Fruit Juice Milk</p>
<p>17</p> <p>Breakfast pizza Assorted Fruit Juice Milk</p>	<p>18</p> <p>Sausage biscuit Assorted Fruit Juice Milk</p>	<p>19</p> <p>Pancake on a stick Assorted Fruit Juice Milk</p>	<p>20</p> <p>Egg and bacon biscuit Assorted Fruit Juice Milk</p>	<p>21</p> <p>Sugar Cinnamon donut holes Assorted Fruit Juice Milk</p>
<p>24</p> <p>Egg and sausage biscuit Assorted Fruit Juice Milk</p>	<p>25</p> <p>Maple waffles Assorted Fruit Juice Milk</p>	<p>26</p> <p>Breakfast pizza Assorted Fruit Juice Milk</p>	<p>27</p> <p>Maple pancakes Assorted Fruit Juice Milk</p>	<p>28</p> <p>Pancake on a stick Assorted Fruit Juice Milk</p>
<p>1</p> <p>Apple frudel Assorted Fruit Juice Milk</p>	<p>2</p> <p>Chocolate filled crescent Assorted fruits Juice Milk</p>	<p>3</p> <p>Sausage biscuit Assorted fruits Juice Milk</p>	<p>4</p> <p>Breakfast pizza Assorted fruits Juice Milk'</p>	<p>5</p> <p>Berry French toast Assorted fruits Juice Milk</p>

### Fun Fact...

Breakfast literally means to break the fast after a long night's sleep. It is a crucial meal that refuels the body and the brain with energy and nutrients. Eating breakfast has been shown to improve mental alertness and physical performance.

Every day options include:  
Yogurt w/ string cheese and graham crackers,  
Cereal bar, Muffin, PopTart, or Cereal.