

Niagara Academy Breakfast Menu

June 2019



Children who eat breakfast show an increased ability to learn, exhibit better academic performance and may have a decreased risk of being overweight

Menu is subject to Change

Please make breakfast a mandatory part of your day

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|--|--|
| <p>3</p> <p>Apple Frudel</p> <p>-----</p> <p>Chilled 100% Juice Fresh or Prepared Fruit</p> <p>-----</p> <p>Non or Low Fat Milk</p> | <p>4</p> <p>Breakfast Burrito w/ Sausage Egg, & Cheese</p> <p>-----</p> <p>Chilled 100% Juice Fresh or Prepared Fruit</p> <p>-----</p> <p>Non or Low Fat Milk</p> | <p>5</p> <p>3 French Toast Sticks w/Syrup</p> <p>-----</p> <p>Chilled 100% Juice Fresh or Prepared Fruit</p> <p>-----</p> <p>Non or Low Fat Milk</p> | <p>6</p> <p>Breakfast Pizza</p> <p>-----</p> <p>Chilled 100% Juice Fresh or Prepared Fruit</p> <p>-----</p> <p>Non or Low Fat Milk</p> | <p>7</p> <p>Breakfast Burrito w/ Sausage Egg, & Cheese</p> <p>-----</p> <p>Chilled 100% Juice Fresh or Prepared Fruit</p> <p>-----</p> <p>Non or Low Fat Milk</p> |
| <p>10</p> <p>Cini Mini</p> <p>-----</p> <p>Chilled 100% Juice Fresh or Prepared Fruit</p> <p>-----</p> <p>Non or Low Fat Milk</p> | <p>11</p> <p>Croissant w/ Sausage, Egg, & Cheese</p> <p>-----</p> <p>Chilled 100% Juice Fresh or Prepared Fruit</p> <p>-----</p> <p>Non or Low Fat Milk</p> | <p>12</p> <p>Breakfast Burrito w/ Sausage Egg, & Cheese</p> <p>-----</p> <p>Chilled 100% Juice Fresh or Prepared Fruit</p> <p>-----</p> <p>Non or Low Fat Milk</p> | <p>13</p> <p>Breakfast Pizza</p> <p>-----</p> <p>Chilled 100% Juice Fresh or Prepared Fruit</p> <p>-----</p> <p>Non or Low Fat Milk</p> | <p>14</p> <p>3 French Toast Sticks w/Syrup</p> <p>-----</p> <p>Chilled 100% Juice Fresh or Prepared Fruit</p> <p>-----</p> <p>Non or Low Fat Milk</p> |
| <p>17</p> <p>Apple Frudel</p> <p>-----</p> <p>Chilled 100% Juice Fresh or Prepared Fruit</p> <p>-----</p> <p>Non or Low Fat Milk</p> | <p>18</p> <p>Cooks Choice</p> <p>-----</p> <p>Chilled 100% Juice Fresh or Prepared Fruit</p> <p>-----</p> <p>Non Or Low Fat Milk</p> | <p>19</p> <p>Cooks Choice</p> <p>-----</p> <p>Chilled 100% Juice Fresh or Prepared Fruit</p> <p>-----</p> <p>Non or Low Fat Milk</p> | <p>20</p> <p>Cooks Choice</p> <p>-----</p> <p>Chilled 100% Juice Fresh or Prepared Fruit</p> <p>-----</p> <p>Non or Low Fat Milk</p> | <p>21</p> <p>Cooks Choice</p> <p>-----</p> <p>Chilled 100% Juice Fresh or Prepared Fruit</p> <p>-----</p> <p>Non or Low Fat Milk</p> |
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| <p>MY SCHOOL BUCKS</p> <p>Visit www.myschoolbucks.com</p> <p>To set up a lunch account to monitor and apply money to your child's account throughout the year</p> | | | | |

Breakfast Price \$1.90

We serve the following entrees daily

Bagel w/ Cream Cheese
2 Sl. Toast w/ Butter
Yogurt Parfait w/ 2 Rolls

We offer fresh or prepared fruit daily.
All Juice served is 100%

Skim, 1% White or Non Fat Chocolate Milk Served Daily

Start With:

- **One Entree**
- **Fruit (May Choose 2 Different)**
1-100% Juice Cup 4oz
1-Fresh Fruit or 1-4oz Fruit Cup (Must Take One)
- **Add Serving of Milk**

Must Take a Minimum of 3 Items for a Complete Breakfast