

# August 2026

# BREAKFAST MENU

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3	4	5	6	7	1/8
9	10					15
16	17	18	19	20	21	22
			Whole Wheat Bagel with Toppings Fresh Strawberries Fruit Juice Choice Milk	Mini Waffles with Syrup Pineapple Fruit Juice Choice Milk	Star Spangled Pancakes Sausage Patty Tropical Fruit Fruit Juice Choice Milk	
23	24	25	26	27	28	29
	Whole Grain Cereal Yogurt Cup Fresh Apple Fruit Juice Choice Milk	Biscuit & Gravy Pineapple Chunks Fruit Juice Choice Milk	Scrumptious Coffeecake Fresh Citrus Fruit Cup Fruit Juice Choice Milk	Western Omelet Quesadilla with Tomato Salsa Fresh Grapes Fruit Juice Choice Milk	French Toast Sticks with Syrup Fresh Grapes Fruit Juice Choice Milk	
30	31	Note: <b>* Participating in sports can build your child up... or drag them down. Make athletics a positive experience for your youngster with these strategies:</b> <b>* Encourage them to set goals - but make sure goals are realistic. They might aim to touch the ball three times during a game or try a move that they've been working on.</b> <b>* Avoid comments about your youngster's size or body. Concentrate on the friends they are making, the places they are playing, and the effort they are putting forth ("I love how you tried to get the rebound").</b>				
	Whole Grain Cinnamon Roll Fresh Banana Fruit Juice Choice Milk					