

# AUGUST 2022 MOENCOPI DAY SCHOOL

## BREAKFAST



Adult Breakfast \$2.50 Sides \$1.00 Milk \$0.50

This Institution is an equal opportunity.

**\*\*MAY SUBJECT TO CHANGE\*\***



**Nutrition Tip:** Drink water! Sip water or other drinks with few or no calories to stay hydrated and help maintain a healthy weight. Keep a water bottle in your bag or at your desk to satisfy your thirst throughout the day.

Reference: USDA MyPlate



### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY



1



2



3



4



5

Assorted Cold Cereal  
Buttered Toast w/ Jam  
Diced Pears  
Fresh Apples  
Milk

8

Breakfast Burrito  
Mild Salsa  
Applesauce  
Orange Smiles  
Milk

9



10

Blue Berry Muffin  
Scrambled Eggs  
Diced Peaches  
Watermelon  
Milk

11

WG Biscuits  
Country Gravy  
Assorted Juice  
Fresh Banana  
Milk

12

Breakfast Taco  
Mild Salsa  
Assorted Juice  
Cantaloupe  
Milk

15

WG Pancakes  
Pancake Syrup  
Applesauce  
Fresh Grapes  
Milk

16

Assorted Cold Cereal  
Honey Graham Crackers  
Fruit Cocktail  
Fresh Apples  
Milk

17

Scrambled Eggs w/ Sausage  
Buttered Toast w/ Jam  
Assorted Juice  
Fresh Apples  
Milk

18

Banana Muffin  
Assorted Yogurt  
Diced Peaches  
Orange Smiles  
Milk

19

Egg & Sausage Sandwich  
Fresh Grapes  
Watermelon  
Milk

22

Cream of Wheat  
Buttered Toast w/ Jam  
Assorted Juice  
Orange Smiles  
Milk

23

**National Waffle Day**  
Western Omelet  
Mild Salsa  
Diced Pears  
Fresh Apples  
Milk

24

WG Breakfast Bagel  
Assorted Juice  
Orange Smiles  
Milk

25

Baked French Toast  
Pancake Syrup  
Applesauce  
Fresh Grapes  
Milk

26

Blueberry Muffin  
Assorted Yogurt  
Sliced Peaches  
Milk

29

Assorted Cold Cereal  
Honey Graham Crackers  
Assorted Juice  
Fresh Grapes  
Milk

30

Breakfast Burrito  
Mild Salsa  
Applesauce  
Cantaloupe  
Milk

31

