

MOENCOPI DAY SCHOOL

BREAKFAST

- 2023 -

AUGUST

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MONDAY

Adult Breakfast \$2.75

Sides \$1.50 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



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	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30	31	

French Toast Sticks
Syrup
Sausage Patty
Assorted Juice
Blueberries
Assorted Milk

Breakfast Burrito
Mild Salsa
Fresh Apples
Orange Smiles
Assorted Milk

Blue Corn Mush
Hard Boiled Egg
Assorted Juice
Fresh Grapes
Assorted Milk

Whole Grain Toast
Assorted Jelly
Scrambled Eggs
Diced Peaches
Watermelon
Assorted Milk

Pumpkin Chocolate Chip Muffin
Strawberry Yogurt
Applesauce
Orange Smiles
Assorted Milk

Breakfast Burrito
Mild Salsa
Assorted Juice
Fruit Cocktail
Assorted Milk

Whole Grain Pancakes
Syrup
Cinnamon Apple Slices
Fresh Grapes
Assorted Milk

Fruit & Yogurt Parfait
Honey Graham
Crackers
Cantaloupe
Assorted Milk

Cinnamon Rolls
Hard Boiled Egg
Tater Tots
Fresh Apple
Assorted Milk

Blueberry Muffin Squares
Assorted Yogurt
Assorted Juice
Orange Smiles
Assorted Milk

Egg & Sausage Sandwich
Pineapple Tidbits
Mixed Berries
Assorted Milk

Cream of Wheat
Whole Grain Toast
Assorted Jelly
Assorted Juice
Fresh Grapes
Assorted Milk

Western Omelet Quesadilla
Mild Salsa
Diced Peaches
Fresh Apple
Assorted Milk

Blueberry Muffin
Assorted Yogurt
Assorted Juice
Cantaloupe
Assorted Milk

