



BREAKFAST

JANUARY 2019 Walden School

Walden School
Is a Community Eligible Provision School.
All students may eat school meals
At no cost.

Monday

Tuesday

Wednesday

Thursday

Friday

2019

5
Student Benefits
Of Eating
A Good Breakfast

1

- 1) Start the day off with a happier mood.
- 2) Improved **energy**.
- 3) Prevent overeating.
- 4) Healthy **skin**.
- 5) Better mental and physical performance.

Muffin
Yogurt
Granola
Fruit Bar
Juice

3

Cereal Bar
Yogurt
Granola
Fruit Bar
Juice

4

Muffin
Yogurt
Granola
Fruit Bar
Juice

7

Waffle w/ Syrup
Yogurt
Granola
Fruit Bar
Juice

8

Breakfast Egg Sandwich
Yogurt
Granola
Fruit Bar
Juice

9

Pancake w/ Syrup
Yogurt
Granola
Fruit Bar
Juice

10

Sweet Bread
Yogurt
Granola
Fruit Bar
Juice

11

Biscuit w/ Sausage
Yogurt
Granola
Fruit Bar
Juice

14

French Toast
Yogurt
Granola
Fruit Bar
Juice

15

Waffle w/ Syrup
Yogurt
Granola
Fruit Bar
Juice

16

Cereal Bar
Yogurt
Granola
Fruit Bar
Juice

17

Hard Boiled Egg
English Muffin
Yogurt
Granola
Fruit Bar
Juice

18

Sweet Bread
Yogurt
Granola
Fruit Bar
Juice

21

Pancake w/syrup
Yogurt Parfait
Granola
Fruit Bar
Juice

22

Scrambled Eggs
English Muffing
Yogurt
Granola
Fruit Bar
Juice

23

Muffin
Yogurt
Granola
Fruit Bar
Juice

24

Cereal Bar
Yogurt
Granola
Fruit Bar
Juice

25

Muffin
Yogurt
Granola
Fruit Bar
Juice

28

Waffle w/ Syrup
Yogurt
Granola
Fruit Bar
Juice

29

Breakfast Egg Sandwich
Yogurt
Granola
Fruit Bar
Juice

30

Pancake w/ Syrup
Yogurt
Granola
Fruit Bar
Juice

31

Be it at home, at
school or on the
way,

BREAKFAST,

Is the way to start
your day.

This institution is an equal opportunity provider.