

PIRATE BREAKFAST



AT PALENCIA

MON

TUES

WEDNES

THURS

FRI

<p>Pancake Pup Cereal w/ Toast Fresh Fruit or Fruit Cup Whole fruit Juice Low Fat Milk</p>	<p>Breakfast Taco Cereal w/ Toast Fresh Fruit or Fruit Cup Whole fruit Juice Low Fat Milk</p>	<p>Pancake Coins Cereal w/ Toast Fresh Fruit or Fruit Cup Whole fruit Juice Low Fat Milk</p>	<p>Egg & Bacon w/ Toast Cereal w/ Toast Fresh Fruit or Fruit Cup Whole fruit Juice Low Fat Milk</p>	<p>Breakfast Pizza Cereal w/ Toast Fresh Fruit or Fruit Cup Whole fruit Juice Low Fat Milk</p>
<p>Cheese Omelet w/ Toast Cereal w/ Toast Fresh Fruit or Fruit Cup Whole fruit Juice Low Fat Milk</p>	<p>Breakfast Burrito Cereal w/ Toast Fresh Fruit or Fruit Cup Whole fruit Juice Low Fat Milk</p>	<p>Egg Biscuit Cereal w/ Toast Fresh Fruit or Fruit Cup Whole fruit Juice Low Fat Milk</p>	<p>Skillet Frittata Cereal w/ Toast Fresh Fruit or Fruit Cup Whole fruit Juice Low Fat Milk</p>	<p>Sausage Biscuit Cereal w/ Toast Fresh Fruit or Fruit Cup Whole fruit Juice Low Fat Milk</p>

Breakfast Cycles every 2 weeks

* Breakfast Meals are nutritionally balanced for your child's well-being

Fresh Fruit in Season: Bananas, Apples, Oranges, Grapes- *We serve "General Mills" whole grain / low sugar cereals

*we are an equal opportunity provider and employer"

Questions? Email Mrs. Damiano kathleen.damiano@stjohns.k12.fl.us