

HOLY FAMILY SCHOOL

BREAKFAST MENU

GRAB-AND-GO BREAKFAST WILL BE THE SAME EACH WEEK

MONDAY

WHOLE GRAIN CEREAL BOWL
GRAHAM CRACKERS
CHEESE STICK
JUICE CUP
APPLESAUCE
WHITE MILK 1% OR SKIM

TUESDAY

WHOLE GRAIN MUFFIN
GRAHAM CRACKERS
CHEESE STICK
FRUIT CUP
APPLESAUCE
WHITE MILK 1% OR SKIM

WEDNESDAY

WHOLE GRAIN CEREAL BAR/NUTRIGRAIN BAR
GRAHAM CRACKERS
CHEESE STICK
BANANA
APPLESAUCE
WHITE MILK 1% OR SKIM

THURSDAY

WHOLE GRAIN BLUEBERRY DONUT
GRAHAM CRACKERS
CHEESE STICK
BANANA
APPLESAUCE
WHITE MILK 1% OR SKIM

FRIDAY

WHOLE GRAIN CEREAL BOWL
GRAHAM CRACKERS
CHEESE STICK
JUICE CUP
BANANA
WHITE MILK 1% OR SKIM

MEAL TIMES

KINDERGARTEN

8:00-8:20 (M-F)
WILL EAT IN CAFETERIA

1ST GRADE

8:00-8:20
WILL EAT IN CAFETERIA (M, T, W & F)
WILL EAT IN CLASSROOM AFTER MASS (TH)

2ND GRADE - 6TH GRADE

8:00-8:20 (M/W/F)
AFTER MASS (T/TH)
WILL EAT IN CLASSROOM

NOTE

IF YOUR CHILD(REN) WILL NOT BE EATING BREAKFAST AT SCHOOL, PLEASE MAKE SURE THEY ARE EATING SOMETHING AT HOME AS WE NO LONGER HAVE SCHEDULED SNACKS OR MILK BREAKS DURING THE DAY.

REQUIRED ITEMS

STUDENTS
MUST
SELECT AT
LEAST ONE
FRUIT
+
TWO OTHER
ITEMS

FRUIT - AT LEAST 1/2 CUP



GRAINS

MEAT/MEAT
ALTERNATIVE

MILK

**TO GUARANTEE THE HEALTH AND SAFETY OF THE CHILDREN, HOLY FAMILY SCHOOL RESERVES THE RIGHT TO MAKE CHANGES TO THE WEEKLY BREAKFAST MENU AS NEEDED. ANY CHANGES WILL BE COMMUNICATED TO YOU.