

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.