

October 2017

Barr Reeve Schools

BREAKFAST



School Information: BR Schools Breakfast

Served Daily: A variety of, Cereal Bars, Cereal, Pop Tarts, and Yogurt.



Nutrition Tips: Start the day with a healthy breakfast. It refuels the body and provides energy for the day. Drink plenty of fluids. Choose water, low-fat or nonfat milk, and low-calorie beverages. Serve a variety of foods.



Monday

Pancakes W/ Syrup

2

Fruit, Milk, Juice

Tuesday

Cinnamon Rolls

3

Fruit, Milk, Juice

Wednesday

Mini Pancake Wraps

4

Fruit, Milk, Juice

Thursday

Cherry Frudel

5

Fruit, Milk, Juice

Friday

Honey Bun

6

Fruit, Milk, Juice

9

FALL BREAK

10

FALL BREAK



11

FALL BREAK

12

FALL BREAK

13

FALL BREAK

16

Sausage Breakfast Pizza

Fruit, Milk, Juice

17

Choc. Chip Muffins

Fruit, Milk, Juice

18

Sausage Links and

Toast w/ Jelly

Fruit, Milk, Juice

19

French Toast Stix w/ Syrup

Fruit, Milk, Juice

20

Yogurt Parfait and

Graham Crackers

Fruit, Milk, Juice

23

Bacon Scrambled Eggs

And Toast W/ Jelly

Fruit, Milk, Juice

24

Donuts

Fruit, Milk, Juice

25

Waffle Sticks w/ Syrup

Fruit, Milk, Juice

26

Blueberry Muffins

Fruit, Milk, Juice

27

Powdered Donuts

Fruit, Milk, Juice

30

Pancakes W/ Syrup

Fruit, Milk, Juice

31

Cinnamon Rolls

Fruit, Milk, Juice

You can add \$ to your child's account online through Harmony or by sending a check to the school

