



Emcee Public Schools

Breakfast Menu

UNIDENTIFIED PERSON

No Child Will Be Discriminated Against Because Of Race, Sex, Color, Age, National Origin Or Handicap



Family Health and Fitness Day Sept 24

FOOD FOR THOUGHT:
APPLES
Apples are naturally fat free and have carbohydrates that give you energy.
FRESH PICKS

1
Breakfast Bar
Juice
Milk

2
Scrambled Eggs
Ham Slice
Biscuit
Juice
Milk



5
Breakfast Pocket
Juice
Milk

6
Cereal
Juice
Muffin
Milk
.....
Breakfast Burrito
Juice / Milk

7
Breakfast Bites
Juice
Milk

8
9
Yogurt
Boiled Egg
Oatmeal Bar
Juice
Milk

12
Breakfast Pizza
Juice
Milk

13
Scrambled Eggs
Sausage Patty
Bread Slice
Juice
Milk

14
French Toast Sticks
w/ Syrup
Juice
Milk

15
Breakfast Bar
Juice
Milk

16
Breakfast Burrito
Juice
Milk

19
Pancakes
w/ Syrup
Juice
Milk

20
Boiled Egg
Pop Tart
Juice
Milk

21
Cereal
Muffin
Fruit
Milk
.....
Breakfast Bar
Juice
Milk

22
Breakfast Burrito
Juice
Milk

23
Sausage / Biscuit
w/ Gravy
Juice
Milk

26
Breakfast Burrito
Juice
Milk

27
Breakfast Bagel
Juice
Milk

28
Scrambled Eggs
w/ Ham
Bagel
Juice
Milk

29
Cereal
Pop Tart
Juice
Milk
.....
Breakfast Bar
Juice
Milk

30
Breakfast Pizza
Juice
Milk