



Blue Creek School

BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
Apple filled Donut	Jamwich	Pancakes	Blueberry Muffin	PopTart
Alternate: Cereal / Toast	Alternate: Cereal / Toast	Alternate: Cereal / Toast	Alternate: Cereal / Toast	Alternate: Cereal / Toast
Fruit Milk	Fruit Milk	Fruit Milk	Fruit Milk	Fruit Milk



**Breakfast served from
7:30 to 7:50**

Breakfast Meal Pattern

***8oz Milk**

***1 cup Fruit**

***2oz Grain**

Or

***1oz Grain**

And

***1oz of Meat/Meat**

Alternate

Blue Creek Breakfast
standards are to always serve
Whole Wheat and Whole
Grain products.