



# Blue Creek School

# BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
Egg and Cheese Sandwich	Jamwich	Blueberry Muffin	Pancakes	PopTart
Alternate: Cereal or Toast	Alternate: Cereal or Toast	Alternate: Cereal or Toast	Alternate: Cereal or Toast	Alternate: Cereal or 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.