



AUGUST

2020

BURNHAMWOOD CHARTER SCHOOLS- BREAKFAST MENU



m

No School
3.

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No School
4.

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No School
5.

th

No School
6.

f

No School
7.

Assorted cereal
Banana bread
Juice
Fruit
Milk
10.

Oatmeal
Toast with jelly
Juice
Fruit
Milk
11.

Breakfast pizza
Juice
Fruit
Milk
12.

Poptarts
Juice
Fruit
Milk
13.

Pancakes with syrup
Juice
Fruit
Milk
14.

Assorted cereal
Cookies
Juice
Fruit
Milk
17.

Strawberry cream cheese bagel
Juice
Fruit
Milk
18.

Scrambled eggs - biscuit
Bacon
Juice
Fruit
Milk
19.

Cereal bar
Yogurt
Juice
Fruit
Milk
20.

Chocolate chip cookies
Cheese string
Juice
Fruit
Milk
21.

Assorted cereal
Cookies
Juice
Fruit
Milk
24.

Cinnamon sugar donut
Juice
Fruit
Milk
25.

Egg sausage biscuit
Sandwich
Juice
Fruit
Milk
26.

Concha Bread
Juice
Fruit
Milk
27.

Chicken Pozole
Tostada chips
Juice
Fruit
Milk
28.

Assorted cereal
Corn bread
Juice
Fruit
Milk
31.

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Food and Nutrition Division
National School Lunch Program and School Breakfast Program

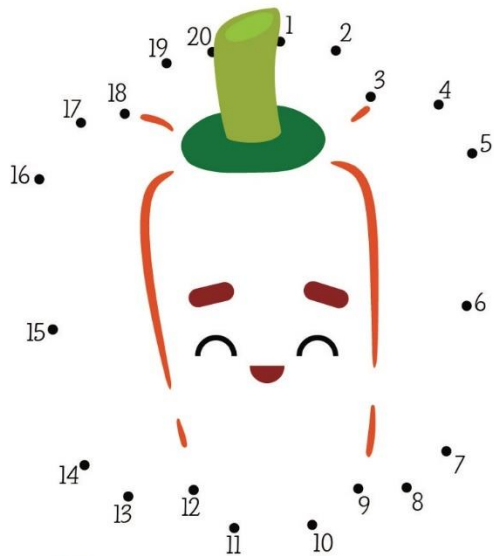


Updated 01/2020
www.SquareMeals.org

PLATENARY PEPPERS

Our solar system has eight planets: Mercury, Venus, Earth, Mars, Jupiter, Saturn, Uranus, and Neptune. The largest planet is Jupiter and the smallest planet is Mercury. There are five official dwarf planets in our solar system: Ceres, Pluto, Haumea, Makemake, and Eris. More dwarf planets are waiting for official classification, and up to 10,000 dwarf planets may exist in our solar system.

CONNECT THE DOTS



DID YOU KNOW?

Red bell peppers could be called the full-grown bell peppers, because they are picked later than other bell peppers. They often have a sweet taste. Yellow peppers are picked in the middle of their growing time and rank between green and red bell peppers on how ripe they become.

Bell peppers are an excellent source of vitamin A (in the form of carotenoids), vitamin C and vitamin K, vitamin B6 and dietary fiber. They are also a good source of folate, niacin, thiamin and magnesium. Vitamin C helps your body heal from falls and scrapes and vitamin B6 supports normal nervous system function and brain development.



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