

# BREAKFAST

## Weekly Menu 2014-2015

Bellflower Unified School District  
Nutrition Services

### Breakfast Fact

Whole grains are most frequently consumed at breakfast. Ready-to-eat cereals are the #1 source of whole grain among children aged 2 to 18 years.

Reference: IFIC, Review of Breakfast and Health, 2008.



**Monday/Lunes    Tuesday/Martes    Wednesday/Miércoles    Thursday/Jueves    Friday/Viernes**

CEREAL WITH  
CHEESE STICK

BREAKFAST  
SANDWICH

YOGURT PARFAIT

OMELET AND  
TORTILLA

CEREAL WITH  
CHEESE STICK

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CHEESE STICK

BREAKFAST  
SANDWICH

YOGURT PARFAIT

OMELET AND  
TORTILLA

CEREAL WITH  
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BREAKFAST  
SANDWICH

YOGURT PARFAIT

OMELET AND  
TORTILLA

CEREAL WITH  
CHEESE STICK

### Breakfast \$2.00

**Breakfast is served at the following sites:**

Albert Baxter, Craig Williams, Ernie Pyle,  
Frank E. Woodruff, Ramona,  
Thomas Jefferson and Washington

### ALL BREAKFAST MEALS SERVED WITH:

1% White Milk or Non-Fat Milk,  
Fruit or 100% Fruit Juice

**Eat a Healthy  
Breakfast Every  
Day!!**