

AUGUST 2022

Caston School Corporation K-12

BREAKFAST



School Information: Welcome Back!
K-12 Breakfast \$3.00 Pay
\$.30 Reduced
Cereal and/or Pop Tarts will be a daily option



Nutrition Tip: Drink water! Sip water or other drinks with few or no calories to stay hydrated and help maintain a healthy weight. Keep a water bottle in your bag or at your desk to satisfy your thirst throughout the day.

Reference: USDA MyPlate



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

2

3

4

5

8

9

10

11

12

Waffles with Syrup
Fresh Fruit
Fruit Juice
Milk

15

Pancakes
Sausage Patty
Tropical Fruit
Fruit Juice
Milk

16

Bagel with Toppings
Fresh Fruit
Fruit Juice
Milk

17

Breakfast Pizza
Sliced Pears
Fruit Juice
Milk

18

Biscuits & Gravy
Fresh Fruit
Fruit Juice
Milk

19

Cereal
Yogurt Cup
Fresh Apple
Fruit Juice
Milk

22

Cinnamon Roll
Mandarin Oranges
Fruit Juice
Milk

23

Coffee Cake Muffin
Fresh Fruit
Fruit Juice
Milk

24

Western Omelet w/ Salsa
Fresh Grapes
Fruit Juice
Milk

25

Biscuits & Gravy
Fresh Fruit
Fruit Juice
Milk

26

French Toast Sticks
Fruit Cocktails
Fruit Juice
Milk

29

Waffles with Syrup
Canned Fruit
Fruit Juice
Milk

30

Breakfast Pizza
Peach Slices
Fruit Juice
Milk

31

