

# August 2019

# Alta Vista Child Development Center

## BREAKFAST



Every meal is served with 1% or lower milk.

Menu is subject to change without notice.



**Nutrition Tip:** Drink water! Sip water or other drinks with few or no calories to 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

## Welcome Back

### Wednesday

### Thursday

### Friday

5

6

7

8

9

12

13

14

15

16

FROOT LOOPS CEREAL 19

YOGURT

FRESH FRUIT

PEANUT BUTTER 20

AND JELLY GRAHAM

FRESH FRUIT

CHOCOLATE CHIP 21

MUFFIN

FRESH FRUIT

SUPER DONUT 22

FRESH FRUIT

APPLE STRUDEL 23

FRESH FRUIT

COCOA PUFFS CEREAL 26

YOGURT

FRESH FRUIT

DOUBLE CHOCOLATE 27

MUFFIN

FRESH FRUIT

CINNAMON BUN 28

FRESH FRUIT

YOGURT AND GRANOLA 29

FRESH FRUIT

BREAKFAST ON A STICK 30

FRESH FRUIT