

AUGUST 2023

Caston School Corporation

BREAKFAST



School Information: K-12 Breakfast \$3.00, Reduced \$.30

*This institution is an equal opportunity provider.
Menu is subject to change without notification.*



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



Assorted Pop Tarts or Cereal
Fresh Fruit
Assorted Fruit Juices
Milk Choice

WG Muffin or Cereal
Fresh Fruit
Assorted Fruit Juices
Milk Choice

Pancakes with Sausage or Cereal
Fresh Fruit
Assorted Fruit Juices
Milk Choice

Breakfast Pizza or Cereal
Fresh Fruit
Assorted Fruit Juices
Milk Choices

Biscuits & Gravy or Cereal
Fresh Fruit
Assorted Fruit Juices
Milk Choices

Sausage w/Cheese Sandwich or Cereal
Strawberries
Assorted Fruit Juices
Milk Choices

Assorted Cereals or Pop Tart
Banana
Assorted Fruit Juices
Milk Choices

Waffles w/Bacon or Cereal
Grapes
Assorted Fruit Juices
Milk Choices

Comet Donut or Cereal
Fruit Cup
Assorted Fruit Juices
Milk Choices

Biscuits & Gravy or Cereal
Fresh Fruit
Assorted Fruit Juices
Milk Choices

French Toast w/Sausage or Cereal
Blueberries
Assorted Fruit Juices
Milk Choices

Egg Patty w/Bacon on Biscuit or Cereal
Banana
Assorted Fruit Juices
Milk Choices

Breakfast Tornadoes w/Salsa or Cereal
Grapes
Assorted Fruit Juices
Milk Choices

Pancake on a Stick w/Syrup or Cereal
Fruit Cup
Assorted Fruit Juices
Milk Choices

