

October K-8 Breakfast Menu Hamilton Creek, Lacombe and Pioneer

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Bar	Sausage Pancake on a Stick	Maple Egg & Cheese Stick	Blueberry Sausage Pancake Stick	Cold Cereal
Cold Cereal	Sunrise Bites	Ultimate Breakfast Round	Oatmeal	Benefit Bar
Breakfast Sausage	Yogurt	String Cheese	String Cheese	String Cheese
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
		Craisins		Raisins
	Juice 4 oz.		Juice 4 oz.	
Skim or 1% Milk, 8 oz.	Skim or 1% Milk, 8 oz.	Skim or 1% Milk, 8 oz.	Skim or 1% Milk, 8 oz.	Skim or 1% Milk, 8 oz.



Breakfast is free for all students!

Research shows that students who skip breakfast have shorter attention spans and don't do as well on tests. Make sure your youngster gets up in time to have a nutritious breakfast.

Menu subject to change.
This institution is an equal opportunity provider.