

# September 2020

SS. Andrew-Thomas School

BREAKFAST



Did you hear about McDonalds?  
*They eggspanded the breakfast menu.*



**Nutrition Tip:** September is Whole Grains Month! Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



## Monday



Labor Day  
No School

7

## Tuesday

Cereal  
Toast  
Yogurt  
Choice of milk or juice

1

## Wednesday

Waffles  
Yogurt  
Fruit  
Choice of milk or juice

2

## Thursday

Homemade Muffins  
Yogurt  
Fruit  
Choice of milk or juice

3

## Friday

Pancakes  
Sausage links  
Yogurt  
Choice of milk or juice

4

TBD

14

TBD

15

TBD

16

TBD

17

TBD

18

TBD

21

TBD

22

TBD

23

TBD

24

No School

25

Teacher Inservice

TBD

28

TBD

29

TBD

30

