



Sour Lake Elementary School Breakfast Menu Student lunch \$1.00 Reduced price \$.30

Questions or comments?

Please call Aldo Garza , Food Service Director at 409-981-6400 Ext.3311

Monday	Tuesday	Wednesday	Thursday	Friday
		1 4 French Toast Sticks Chilled Peaches	2 Sausage on a Whole Grain Biscuit 100% Fruit Juice	3 Whole Grain Cereal w/ Toast Fresh Banana
6 Breakfast Pizza Chilled Diced Pears	7 2 Pancakes w/ Syrup 100% Fruit Juice	8 Whole Wheat Cinnamon Toast Yogurt Cup Fruit Juice	9 Waffle w/ Smokies Fresh Apple	10 Whole Grain Cereal w/ Toast Mandarin Oranges
13 Sausage, Egg & Cheese on a Whole Wheat English Muffin Banana	14 Breakfast Pizza Chilled Diced Pears	15 Pancake w/ Smokies 100% Fruit Juice	16 Breakfast Taco Salsa Chilled Peaches	17 Whole Grain Cereal w/ Toast Fresh Banana
20 Chicken on a Whole Grain Biscuit Chilled Applesauce	21 Morning Sausage Roll 100% Fruit Juice	22 4 French Toast Sticks Chilled Peaches	23 Sausage on a Whole Grain Biscuit 100% Fruit Juice	24 Whole Grain Cereal Bar Little Smokies Fresh Apple
27 Breakfast Pizza Chilled Diced Pears	28 2 Pancakes w/ Syrup 100% Fruit Juice	29 Waffle w/ Syrup Sausage Patty 100% Fruit Juice	30 Cheese Toast Chilled Mixed Fruit	31 4 French Toast Sticks Chilled Peaches

Part of Making healthy diet choices means making ½ your grains whole. School lunch is a great opportunity to meet your daily whole grain requirements! Look for this symbol on the menu to help you identify whole grain foods.

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