

Twinfield Union School

Prek-12

All meals served meet strict nutritional Guidelines.

All meals come with skim or 1% milk.

BREAKFAST Menu

August-December 2020

| WEEK | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|----------|--|--|--|---|--|
| 1 | WG cereal String cheese Orange juice Milk | Vanilla yogurt Granola Fresh fruit milk | WG bagel Cream cheese Orange juice milk | WG muffin String cheese Fresh fruit milk | WG zee zee Breakfast bar Orange juice milk |
| 2 | WG cereal String cheese Orange juice milk | WG bagel bar Fresh fruit milk | WG breakfast round Orange juice milk | WG cinnamon bun Yogurt Fresh fruit milk | WG cereal bar String cheese Orange juice milk |
| 3 | WG cereal String cheese Orange juice milk | Vanilla yogurt Granola Fresh fruit milk | WG bagel Cream cheese Orange juice milk | WG muffin String cheese Fresh fruit milk | WG zee zee Breakfast bar Orange juice milk |
| 4 | WG cereal String cheese Orange juice milk | WG bagel bar Fresh fruit milk | WG breakfast round Orange juice milk | WG cinnamon bun Yogurt Fresh fruit milk | WG cereal bar String cheese Orange juice milk |

Contact info:
Lee Collier
Food Service
Director.

426-3213 ex.
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NUTRITION BITES

•Children ages 2-17 years old who eat cereal consume 75% more Vitamin D, 68% more iron, 54% more Vitamin A, 17% more calcium, 8% more fiber and 54% more whole grain than kids who do not eat cereal. These kids, however, do not consume more calories, saturated fat, added sugar or sodium.¹

| S | M | T | W | T | F | S |
|----|----|----|----|----|----|----|
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 | 31 | | | | | |

| S | M | T | W | T | F | S |
|----|----|----|----|----|----|----|
| | | 1 | 2 | 3 | 4 | 5 |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | | | |

| S | M | T | W | T | F | S |
|----|----|----|----|----|----|----|
| | | | | 1 | 2 | 3 |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |

| S | M | T | W | T | F | S |
|----|----|----|----|----|----|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | | | | | |

| S | M | T | W | T | F | S |
|----|----|----|----|----|----|----|
| | | 1 | 2 | 3 | 4 | 5 |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | 31 | | |

 Week 1 Meal Plan  Week 2 Meal Plan  Week 3 Meal Plan  Week 4 Meal Plan

This institution is an equal opportunity provider.

Menu is subject to change.