



WEEKLY CHOICES

La Jolla Country Day School
Breakfast Menu – Week 1

M

Fresh Local Bagels
served with sun butter or light cream cheese

Low Sugar Cereal Bowls
served with cold low fat milk

T

Breakfast Bagel Sandwich
with Turkey Ham & Cheese

Low Fat Yogurt & Fruit Parfait
served with low sugar cereal topping

Low Sugar Cereal Bowls
served with cold low fat milk

W

Mix a Cereal Bowl
create your own cereal mix
add bananas, apples and cranberries
try sunflower seeds, coconut and granola too

Th

Fantastic Apple Pancakes
served with warm apple cinnamon topping

Low Fat Yogurt & Fruit Parfait
served with low sugar cereal topping

Low Sugar Cereal Bowls
served with cold low fat milk

F

Huevos Rancheros
Quesadilla Triangles

Low Fat Yogurt & Fruit Parfait
served with low sugar cereal topping

Low Sugar Cereal Bowls
served with cold low fat milk

**Thank
You!**

Combo meals are \$3.00 and includes your entrée, fresh fruit, and a choice of 1% white or nonfat chocolate milk, or water.



WEEKLY CHOICES

La Jolla Country Day School
Breakfast Menu – Week 2

M

Toasted English Muffin
served with sun butter & bananas

Low Sugar Cereal Bowls
served with cold low fat milk

T

Breakfast Burrito
filled with black beans, potatoes & cheese

Low Fat Yogurt & Fruit Parfait
served with granola topping

Low Sugar Cereal Bowls
served with cold low fat milk

W

Egg & Cheese Breakfast Sandwich
served on an English muffin

Low Fat Yogurt & Fruit Parfait
served with granola topping

Low Sugar Cereal Bowls
served with cold low fat milk

Th

Belgium Waffle
served with berry topping

Low Fat Yogurt & Fruit Parfait
served with granola topping

Low Sugar Cereal Bowls
served with cold low fat milk

F

	Lickety Split	
	build your own yogurt banana split	
Berry Berry Supreme		Tropical Paradise
	Munch Crunch Super Split	
P & P Special		Banana Boat Spectacular

Thank You!

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WEEKLY CHOICES

La Jolla Country Day School
Breakfast Menu – Week 3

M

Freshly Baked Biscuits
served with sun butter or country gravy

Low Sugar Cereal Bowls
served with cold low fat milk

T

Sun Butter & Banana Roll-up
served with yogurt dipping sauce

Low Fat Yogurt & Fruit Parfait
served with graham crackers

Low Sugar Cereal Bowls
served with cold low fat milk

W

Cheesy Breakfast Biscuit
with egg

Low Fat Yogurt & Fruit Parfait
served with graham crackers

Low Sugar Cereal Bowls
served with cold low fat milk

Th

Mix a Hot Bowl
create your own hot cereal mix
add bananas, apples and cranberries
try sunflower seeds, coconut and granola too

F

Cinnamon Swirl French Toast
served with sun butter & bananas

Low Fat Yogurt & Fruit Parfait
served with graham crackers

Low Sugar Cereal Bowls
served with cold low fat milk

**Thank
You!**

Combo meals are \$3.00 and includes your entrée, fresh fruit, and a choice of 1% white or nonfat chocolate milk, or water.