

February 2020

Heritage High School

BREAKFAST



School Information:

Heidi Ellingson

email ellingso@luhsd.net

phone (925) 634-0037 x6923



Nutrition Tip: Ready-to-eat cereal consumption encourages milk consumption. In children, at least 76% of cereal is consumed with milk.

Reference: NHANES 13-14



Monday

Tuesday

Wednesday

Thursday

Friday

Bagel W/Cream Cheese

3

French Toast Sticks

4

Strawberry Muffin

5

Fresh Baked Donut

6

Cinnamon Roll

7

Bagel W/Cream Cheese

10

French Toast Sticks

11

Strawberry Muffin

12

Fresh Baked Donut

13

HOLIDAY

14

HOLIDAY

17

French Toast Sticks

18

Strawberry Muffin

19

Fresh Baked Donut

20

Cinnamon Roll

21

Bagel W/Cream Cheese

24

French Toast Sticks

25

Strawberry Muffin

26

Fresh Baked Donut

27

Cinnamon Roll

28

