

**Amalgamated Academy Bay Roberts
Kids Eat Smart Breakfast Club Menu
2014-2015**

Food Group	Monday	Tuesday	Wednesday	Thursday	Friday
Grain Products	Toast cereal (1 cup) -Cheerio, Cornflakes, Rice Krispies + Muffins or Banana Bread	English muffins for egg sandwiches + Grilled Cheese Sandwiches	Toast cereal (1 cup) -Cheerio, Cornflakes, Rice Krispies ***Grilled Cheese Sandwiches***	English muffins for egg sandwiches + French Toast with fruit toppings	Toast cereal (1 cup) -Cheerio, Cornflakes, Rice Krispies
Vegetables and Fruit	Apple and Orange Juice Daily Apples, oranges, bananas,	Apple and Orange Juice Daily Watermelon, pineapple, cherries	Apple and Orange Juice Daily Strawberry, grapes, pomegranite	Apple and Orange Juice Daily Peaches, honey dew melon,	Apple and Orange Juice Daily kiwi, pears, plums *Fruit Smoothies*
Milk Products	White milk, yogurt	White milk, Yogurt Cheese in grilled cheese	White milk, Yogurt Cheese in grilled cheese	White milk, yogurt	White milk, yogurt
Meat and Alternatives	*****	48 eggs baked in ramekins	*****	48 eggs baked in ramekins	*****
Other Foods	Jam/cheese margarine	Jam/cheese margarine	Jam/cheese margarine	Jam/cheese margarine	Jam/cheese margarine

There are substitutions where we may have muffins, bagels, homemade bread, cereal bars, banana bread or cheese on particular mornings. Also in the fruit category we try to serve a variety and we are seeing which fruits go over better with the students. Usually there are three types of fruit served per day.

**This year began serving grilled cheese sandwiches on Wednesday, a big hit!!!! Also every Friday we have fruit smoothies, we have both staff and students very excited about Fridays because some of them come just for the smoothies.