

Menu

Commerce ISD Commerce Elementary School Breakfast Menu September 2010

Monday	Tuesday	Wednesday	Thursday	Friday
School Breakfast Information Serving Time: 8:00 – 8:30am No advance registration necessary! All students are welcome every day!				
6	7	8	9	10
STUDENT HOLIDAY	Morning Sausage Roll Assorted Fruit Juice	Blueberry Muffin Mozzarella Stick Assorted Fruit Juice	Biscuit & Sausage Assorted Fruit Juice	Yogurt w/ Fruit Mexican Pig – Shaped Bread Assorted Fruit Juice
13	14	15	16	17
Biscuit & Sausage Assorted Fruit Juice	Yogurt w/ Fruit Mexican Pig-Shaped Bread Assorted Fruit Juice	Cereal w/Buttered Toast Assorted Fruit Juice	Morning Sausage Roll Assorted Fruit Juice	Blueberry Muffin Mozzarella Stick Assorted Fruit Juice
20	21	22	23	24
Biscuit & Sausage Assorted Fruit Juice	Yogurt w/ Fruit Mexican Pig-Shaped Bread Assorted Fruit Juice	Morning Sausage Roll Fresh Apple	Honey Kix Cereal w/Whole Grain Toast Orange Juice	Pancakes w/ Jelly Mini Banana
27	28	29	30	
Trix Cereal w/Whole Grain Toast Orange Juice	Yogurt w/Fruit Pretzel Fresh Apple (local)	Morning Sausage Roll Assorted Fruit Juice	Breakfast Pocket Assorted Fruit Juice	Questions or Comments? Please e-mail Carl wells, Director of Child Nutrition at 903.468.8007 or carl.wells@commerceisd.org

Choice of Milk Offered Daily

Why eat foods that are in season?

There are a number of good reasons to eat more local, seasonal food:

- To reduce the energy (and associated CO2 emissions) needed to grow and transport the food we eat
- To avoid paying a premium for food that is scarcer or has traveled a long way
- To support the local economy
- Because seasonal food is fresher and so tends to be tastier and more nutritious

