

Menu

Commerce ISD A.C. Williams Elementary School Breakfast Menu September 2010

Monday	Tuesday	Wednesday	Thursday	Friday
School Breakfast Information Serving Time: 7:30am – 8:00am No advance registration necessary! All students are welcome every day!		1 Cereal w/Buttered Toast Or Pancake on a Stick Chilled Fruit or Juice	2 Breakfast Pizza Or Cereal w/Buttered Toast Chilled Fruit or Juice	3 Breakfast Burrito Or Cereal w/Buttered Toast Chilled Fruit or Juice
6 SCHOOL HOLIDAY	7 Cinnamon Roll Or Breakfast Pizza Chilled Fruit or Juice	8 Pancakes w/ Syrup Or Morning Sausage Roll Chilled Fruit or Juice	9 Pancake on a Stick Yogurt w/ Fruit Or Cereal w/Buttered Toast Chilled Fruit or Juice	10 Breakfast Pizza Or Cereal w/Buttered Toast Chilled Fruit or Juice
13 Breakfast Burrito Or Cereal w/Buttered Toast Chilled Fruit or Juice	14 Cinnamon Roll Or Breakfast Pizza Chilled Fruit or Juice	15 Pancake w/ Syrup Or Morning Sausage Roll Chilled Fruit or Juice	16 Pancake on a Stick Yogurt w/ Fruit Or Cereal w/Buttered Toast Chilled Fruit or Juice	17 Breakfast Pizza Or Cereal w/Buttered Toast Chilled Fruit or Juice
20 Breakfast Burrito Or Cereal w/Buttered Toast Chilled Fruit or Juice	21 Cinnamon Roll Or Breakfast Pizza Chilled Fruit or Juice	22 Morning Sausage Roll Or Assorted Cereals w/Whole Grain Toast Fresh Apple	23 Scrambles Eggs Or Assorted Cereals w/Whole Grain Toast Sliced Peaches	24 Pancake Sausage on Stick Or Assorted Cereals w/Whole Grain Toast Petite Banana
27 Breakfast Pizza Or Assorted Cereals w/Whole Grain Toast Chilled Orange Juice	28 Pork Link Kolache Or Assorted Cereals w/Whole Grain Toast Assorted Fruit Juice	29 Yogurt w/ Fruit Or Bagel Fresh Apple (local)	30 Hot Cinnamon Oatmeal Or Assorted Cereal w/Whole Grain Toast Fresh Orange Slices	Questions or Comments? <i>Please call or e-mail Carl Wells, Director of Child Nutrition at 903.468.8007, or carl.wells@commerceisd. org</i>

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

