

# — School Morning — Breakfast Menu

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Monday: \_\_\_\_\_

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Tuesday: \_\_\_\_\_

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Wednesday: \_\_\_\_\_

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Thursday: \_\_\_\_\_

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Friday: \_\_\_\_\_

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\*Children especially need healthy fats & nutrient dense foods to start their day right! Foods like butter, raw milk, coconut milk/cream, avocados, pastured/grassfed meats, whole yogurt/kefir, pastured eggs, & nuts, will nourish their growing brains! You can do this!

