

September

BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
			hot bagel sandwich with cheese mini dipperdoodle (1.3 oz)/hard boiled egg fresh pineapple and 100% orange juice 1	banana muffin rf cocoa bops cereal (df) fresh banana 2
no school labor day 5	yogurt and skeeter cinnamon grahams (vg) mini dipperdoodle with string cheese (vg) local fresh apple 6	omelet with cheese (vg) flurries cereal (df) fresh peach 7	pancakes with syrup (vg) lemon muffin (vg) fresh pineapple and 100% orange juice 8	apple cinna-grins cereal (vg) (df) zac omega bar blackberry(vg) (df) fresh banana 9
cocoa bops cereal (df) cinnamon duo: skeeter cinnamon grahams with cinnamon rumbles (vg) fresh pear 12	english muffin with turkey, egg and cheese apple muffin (vg) local fresh apple 13	waffles with syrup (vg) honey buttons cereal (df) fresh orange 14	egg and sausage quesadilla breakfast cinnamon crumble (vg) fresh pineapple and 100% orange juice 15	blueberry burst whole grain bagel with cream cheese (vg) mini dipperdoodle with string cheese (vg) fresh banana 16
flurries cereal (df) zac omega bar apple (df) fresh pear 19	omelet with cheese (vg) lemon muffin (vg) local fresh apple 20	pancakes with syrup (vg) yogurt with skeeter honey grahams (vg) fresh orange 21	english muffin with egg and cheese apple cinna-grins cereal (df) (vg) fresh pineapples with 100% orange juice 22	plain whole wheat bagel with cream cheese (vg) blueberry muffin (vg) fresh banana 23
honey buttons cereal (df) (vg) dipper doodle bar (df) (vg) fresh pear 26	waffles with syrup (vg) blueberry burst whole grain bagel with cream cheese (vg) local fresh apple 27	breakfast burrito apple muffin (vg) fresh orange 28	bagel sandwich with cheese mini dipperdoodle (1.3 oz)/hard boiled egg fresh pineapple with 100% orange juice 29	no school 30

If you see it in **GREEN**, it is a local item; if it see it in **BLUE**, it is an international item!

Breakfast: choice of 1% or fat-free milk; fresh fruit available daily except when fruit juice is offered twice per week.

Dairy-free (DF) and vegetarian (V) options available daily – if not listed on the menu, available upon request.

This institution is an equal opportunity provider