



Ballou Stay Breakfast Menu

August/September 2015

All breakfasts are FREE. Full student breakfast includes choice of entrée, two fruit choices and choice of 1% or skim milk. If you see it in green, it's local and if you see it in blue, the meal has international influence! All of our chicken is antibiotic free (ABF)!

Monday	Tuesday	Wednesday	Thursday	Friday
Aug 24 Cheesy Scrambled Eggs Made with Fresh Local Eggs Whole Grain English Muffin Fresh Orange	Aug 25 Whole Grain Cinnamon Peach Oatmeal 100% Fruit Punch	Aug 26 Chicken Sausage on a Whole Grain Biscuit Fresh Local Apple	Aug 27 Fresh Baked Whole Grain Blueberry Muffin Square Chilled Pears	Aug 28 Egg & Cheese on a Whole Grain Bagel Made with Fresh Local Eggs Fresh Banana
Aug 31	Sept 1	Sept 2	Sept 3	Sept 4
Chicken Sausage on a Whole Grain Biscuit Fresh Orange	Whole Grain Maple Pancakes w/Syrup 100% Fruit Punch	Whole Grain Bagel w/ Reduced Fat Cream Cheese Fresh Local Apple	Turkey Sausage on a Whole Grain Bagel Chilled Pears	Whole Grain Cinnamon Biscuit Fresh Banana
Sept 7	Sept 8	Sept 9	Sept 10	Sept 11
Labor Day No School	Fresh Baked Whole Grain Blueberry Muffin Square 100% Fruit Punch	Turkey Ham and Cheese on a Whole Grain Bagel Fresh Local Apple	Yogurt Cup Graham Crackers Chilled Pears	Whole Grain Pancakes w/Jelly Fresh Banana
Sept 14	Sept 15	Sept 16	Sept 17	Sept 18
Yogurt Cup Graham Crackers Fresh Orange	Egg & Cheese on a Whole Grain Bagel Made with Fresh Local Eggs 100% Fruit Punch	Whole Grain Bagel w/ Reduced Fat Cream Cheese Fresh Local Apple	Turkey Sausage on a Whole Grain English Muffin Pear Sauce	Chicken Sausage on a Whole Grain Biscuit Fresh Banana
Sept 21	Sept 22	Sept 23	Sept 24	Sept 25
Yogurt Cup Graham Crackers Fresh Orange	Whole Grain Cinnamon Peach Oatmeal 100% Fruit Punch	Chicken Sausage on a Whole Grain Biscuit Fresh Local Apple	Fresh Baked Whole Grain Blueberry Muffin Square Chilled Pears	French Toast Bake Made with Fresh Local Eggs Fresh Banana
Sept 28	Sept 29	Sept 30	Oct 1	Oct 2
Chicken Sausage on a Whole Grain Biscuit Fresh Orange	French Toast Bake Made with Fresh Local Eggs 100% Fruit Punch	Whole Grain Bagel w/ Reduced Fat Cream Cheese Fresh Local Apple	Turkey Sausage on a Whole Grain English Muffin Chilled Pears	Whole Grain Cinnamon Biscuit Fresh Banana
Available Daily – Assorted Whole Grain Cereals, Whole Grain Strawberry Bar, Graham Crackers and Assorted Fruit				