



Breakfast in the Café 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 Whole Grain Pancakes w/Syrup Fresh Orange	Aug 25 Whole Grain Cinnamon Peach Oatmeal 100% Fruit Punch	Aug 26 Whole Grain Bagel w/ Reduced Fat Cream Cheese Fresh Local Apple	Aug 27 Whole Grain Apple Cinnamon Muffin or Whole Grain Blueberry Muffin String Cheese Pear Sauce	Aug 28 Turkey Ham & Cheese on a Whole Grain English Muffin Fresh Banana
Aug 31	Sept 1	Sept 2	Sept 3	Sept 4
Yogurt Cup Graham Crackers Fresh Orange	Whole Grain Maple French Toast Sticks 100% Fruit Punch	Chicken Sausage on a Whole Grain Biscuit Fresh Local Apple	Turkey Sausage on a Whole Grain English Muffin Pear Sauce	Whole Grain Cinnamon Biscuit Fresh Banana
Sept 7	Sept 8	Sept 9	Sept 10	Sept 11
Labor Day No School	Whole Grain Apple Cinnamon Muffin or Whole Grain Blueberry Muffin String Cheese 100% Fruit Punch	Turkey Ham and Cheese on a Whole Grain Bagel Fresh Local Apple	Yogurt Cup Graham Crackers Pear Sauce	Whole Grain Pancakes w/Jelly Fresh Banana
Sept 14	Sept 15	Sept 16	Sept 17	Sept 18
Whole Grain Maple French Toast Sticks Fresh Orange	Turkey Sausage on a Whole Grain English Muffin 100% Fruit Punch	Whole Grain Bagel w/ Reduced Fat Cream Cheese Fresh Local Apple	Whole Grain Cinnamon Biscuit Pear Sauce	Chicken Sausage on a Whole Grain Bagel Fresh Banana
Sept 21	Sept 22	Sept 23	Sept 24	Sept 25
Whole Grain Pancakes w/Syrup Fresh Orange	Whole Grain Cinnamon Peach Oatmeal 100% Fruit Punch	Whole Grain Bagel w/ Reduced Fat Cream Cheese Fresh Local Apple	Whole Grain Apple Cinnamon Muffin or Whole Grain Blueberry Muffin String Cheese Pear Sauce	Turkey Ham & Cheese on a Whole Grain English Muffin Fresh Banana
Sept 28	Sept 29	Sept 30	Oct 1	Oct 2
Yogurt Cup Graham Crackers Fresh Orange	Whole Grain Maple French Toast Sticks 100% Fruit Punch	Chicken Sausage on a Whole Grain Biscuit Fresh Local Apple	Turkey Sausage on a Whole Grain English Muffin Pear Sauce	Whole Grain Cinnamon Biscuit Fresh Banana
Available Daily – Assorted Whole Grain Cereals, Whole Grain Strawberry Bar, Graham Crackers and Assorted Fruit				

USDA is an equal opportunity provider and employer.

The cost of a paid student meal is \$2.10 for elementary students. Per the Healthy Schools Act, there is no charge for reduced meals. Full student lunch includes choice of