

Breakfast in the
Classroom & Grab 'n Go

September/October

ONE-TABLE

Monday 28	Tuesday 29	Wednesday 30	Thursday 1	Friday 2
French Toast Sticks w/ Syrup (ve) Assorted Cereal	Vanilla Yogurt w/ Graham Crakers Assorted Cereal	Oatmeal Raisin Breakfast Round Assorted Cereal	Apple Cinnamon Muffin w/ String Cheese Assorted Cereal	Maple Snack'n Waffles Assorted Cereal
Orange Wedges Blueberries	Fresh Apple Fresh Tangerine	Orange Wedges Pears	Grape Juice Fresh Apples	Applesauce Banana

Daily offerings include rice chex, cinnamon chex, blueberry chex, cheerios, and trix cereal bowls. All breakfast entrées include choice of skim or low-fat unflavored milk. All grain products are whole grain rich. All BIC/GnG breakfast options are vegetarian (including milk and eggs) and (ve) denotes vegan choices. Additional nutrition information available upon request.

USDA is an equal
opportunity
provider, employer,
and lender.

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Monday 5	Tuesday 6	Wednesday 7	Thursday 8	Friday 9
Oatmeal Raisin Round Assorted Cereal	Whole Grain Biscuit w/ Grape Jelly Assorted Cereal	Blueberry Snack'n Waffles Assorted Cereal	Whole Grain Bagel w/ Cream Cheese Assorted Cereal	Strawberry Yogurt w/ Granola Assorted Cereals
Apple Slices Fresh Tangerine	Orange Slices Pears	Orange Wedges Whole Apples	Fresh Banana Apple Juice	Whole Apples Strawberries

Monday 12	Tuesday 13	Wednesday 14	Thursday 15	Friday 16
No School	No School	Tropical Mango Breakfast Round Assorted Cereal	Whole Grain Plain Bagel w/ Cream Cheese Assorted Cereal	Vanilla Yogurt w/ Graham Crackers Assorted Cereal
		Grape Juice Whole Apple	Apple Slices Fresh Banana	Fresh Tangerine Apple Slices

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Monday 19	Tuesday 20	Wednesday 21	Thursday 22	Friday 23
Blueberry Muffin w/ Cheese Stick Assorted Cereal	English Muffin w/ Sunbutter (ve) Assorted Cereal	Strawberry Yogurt w/ Graham Cracker Assorted Cereal	Whole Grain Bagel w/ Cream Cheese Assorted Cereal	Maple Snack'n Waffle Assorted Cereal
Diced Pears Orange Wedges	Grape Juice Fresh Tangerine	Apple Juice Pineapple	Pear Banana	Blueberries Apples

Monday 26	Tuesday 27	Wednesday 28	Thursday 29	Friday 30
Banana Muffin w/ String Cheese Assorted Cereal	Blueberry Snack'n Waffle Assorted Cereal	Whole Grain Bagel w/ Cream Cheese Assorted Cereal	French Toast Sticks w/ Syrup (ve) Assorted Cereal	No School
Fresh Apple Grape Juice	Fresh Apple Tangerines	Apple Juice Orange Wedges	Fresh Pear Blueberries	

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