

K-12 CORE BREAKFAST

August & September

BREAKFAST

Monday 26	Tuesday 27	Wednesday 28	Thursday 29	Friday 30
Breakfast Sausage and Pancake on a Stick. Whole Grain Bagel w/Cream Cheese (v). Apple Muffin w/String Cheese (v).	Biscuit Egg & Cheese Sandwich (v). Vanilla Yogurt w/Graham Crackers (v). Banana Muffin w/String Cheese (v).	Scrambled Eggs w/ Whole Grain Biscuit (v). Oatmeal Raisin Round (v). Blueberry Muffin w/String Cheese (v).	Whole Grain French Toast Sticks w/Syrup (v). Blueberry Patch Parfait w/Graham Crackers (v). Apple Muffin w/String Cheese (v).	Egg & Cheese Burrito (v). Maple Snack'n Waffle (v). Blueberry Muffin w/String Cheese (v).
Orange Wedges Frozen Blueberries	Whole Apple Fresh Tangerine	Orange Wedges Watermelon	Grape Juice Apple Slices	Applesauce Fresh Banana

Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
No School	Whole Grain French Toast Sticks w/Syrup (v). Hard Boiled Egg Bento Box (v). Apple Muffin w/String Cheese (v).	Egg & Cheese Bagel Sandwich (v). Blueberry Snack'n Waffle (v). Banana Muffin w/String Cheese (v).	Pancake & Turkey Sausage on a Stick. Whole Grain Bagel w/Cream Cheese (v). Blueberry Muffin w/String Cheese (v).	Parfait Bar (v). Strawberry or Vanilla Yogurt with Graham Cracker or Granola.
	Orange Slices Baked Cinnamon Apples	Cantaloupe Orange Wedges	Banana Apple Juice	Strawberries Frozen Blueberries

Daily offerings include frosted mini wheats, cinnamon chex, and cheerios with graham crackers. All breakfast entrées include choice of skim or low-fat unflavored milk. All grain products are whole grain rich. (v) denotes vegetarian choices (including milk and eggs) and (ve) denotes vegan choices. Locally Sourced items offered daily. This menu is subject to change and based upon product availability.

This institution is an equal opportunity provider. Additional nutrition information available upon request.

K-12 CORE BREAKFAST

September

BREAKFAST

Monday 9	Tuesday 10	Wednesday 11	Thursday 12	Friday 13
Whole Grain French Toast Sticks w/Warm Syrup (v). Banana Muffin w/String Cheese (v).	Scrambled Eggs w/Toast (v). Maple Snack'n Waffle (v). Blueberry Muffin w/String Cheese (v).	Cheese Omelet w/Biscuit (v). Tropical Mango Breakfast Round (v). Apple Muffin w/Sting Cheese (v).	<u>Parfait Bar</u> (v). Strawberry or Vanilla Yogurt with Graham Cracker or Granola	Sausage & Cheese Breakfast Sandwich. Plain Bagel w/Cream Cheese (v). Blueberry Muffin w/Sting Cheese (v).
Whole Apple Fresh Tangerine	Apple Juice Whole Apple	Grape Juice Frozen Blueberries	Strawberries Banana	Fresh Tangerine Red Seedless Grapes

Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20
Blueberry Snack'n Waffle (v). Hard Boiled Egg Bento Box (v). Banana Muffin w/String Cheese (v).	Turkey Bacon & Egg Breakfast Pizza. Yogurt Breakfast Bento Box (v). Blueberry Muffin w/Sting Cheese (v).	Chicken Biscuit Sandwich. Sunrise Breakfast Round (v).	Egg & Cheese Burrito (v). Plain Bagel w/Cream Cheese (v). Apple Muffin w/String Cheese (v).	Oatmeal w/Strawberries (ve). Vanilla Yogurt w/Graham Crackers (v). Blueberry Muffin w/String Cheese (v).
Frozen Blueberries Orange Juice	Grape Juice Fresh Tangerine	Apple Juice Strawberries	Red Seedless Grapes Fresh Banana	Frozen Blueberries Strawberries

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September

BREAKFAST

Monday 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27
Cheesy Scrambled Eggs w/Toast (v). Apple Muffin w/String Cheese (v).	Breakfast Tacos w/Turkey Sausage, Potatoes & Salsa. Hard Boiled Egg Bento Box (v). Banana Muffin w/String Cheese (v).	Egg & Cheese Biscuit Sandwich (v). Plain Bagel w/Cream Cheese (v). Blueberry Muffin w/String Cheese (v).	Whole Grain French Toast Sticks w/Syrup (v). Strawberry Yogurt w/Graham Crackers (v).	Potato Egg & Cheese Breakfast Bowl w/Salsa (v). Peach Cobbler Breakfast Square (v). Apple Muffin w/String Cheese (v).
Whole Apple Grape Juice	Strawberries Tangerine	Apple Juice Orange Wedges	Cantaloupe Baked Cinnamon Apples	Frozen Blueberries Fresh Banana

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