

September

Breakfast Menu Grades K-12

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>29</p> <ul style="list-style-type: none"> • Potato & Egg Breakfast Burrito V • Plain Bagel w ith Cream Cheese V • Fresh Banana • Mixed Fruit Salad 	<p>30</p> <ul style="list-style-type: none"> • Egg & Cheese Flatbread Sandwich V • Straw berry Banana Bash Yogurt V • Fresh Apple • Fresh Tangerine 	<p>31</p> <ul style="list-style-type: none"> • Turkey Sausage Biscuit • Maple Mini Waffles V • Orange Smiles • Diced Pears • 100% Grape Juice 	<p>1</p> <ul style="list-style-type: none"> • Pancakes VE w ith Syrup • Blueberry Patch Parfait V • Blueberries • Fresh Nectarine 	<p>2</p> <ul style="list-style-type: none"> • Egg & Cheese Omelet V • Ultra Banana Bread V • Kiw i Fruit • Applesauce
<p>5</p> <p style="text-align: center;">NO SCHOOL</p>	<p>6</p> <ul style="list-style-type: none"> • Whole Grain French Toast Sticks VE • Tropical Mango Breakfast Round V • Mixed Fruit Salad • Baked Cinnamon Apples 	<p>7</p> <ul style="list-style-type: none"> • American Breakfast Sandwich • Purple Daze Smoothie w ith Graham Crackers V • Diced Peaches • Orange Smiles • 100% Apple Juice 	<p>8</p> <ul style="list-style-type: none"> • Breakfast on a Stick w ith Whole Grain Pancake & Turkey Sausage • Maple Madness Mini Whole Grain Waffles V • Fresh Bananas • Fresh Pears 	<p>9</p> <ul style="list-style-type: none"> • Cinnamon Roll V • Straw berry Fields Parfait V • Fresh Straw berries • Fresh Apple
<p>12</p> <ul style="list-style-type: none"> • Whole Grain Pancakes w ith Syrup V • Ultra Berry Bread V • Diced Peaches • Fresh Apple 	<p>13</p> <ul style="list-style-type: none"> • Egg & Cheese Burrito made w ith Whole Grain Tortilla served Green Chile Salsa V • Protein Pow er Up Bento • Orange Smiles • Fresh Nectarine 	<p>14</p> <ul style="list-style-type: none"> • Biscuit w ith Old Fashioned Country Gravy & Scrambled Eggs • Oatmeal Raisin Round V • Fresh Banana • Fresh Blueberries • 100% Apple Juice 	<p>15</p> <ul style="list-style-type: none"> • Turkey Sausage Breakfast Pizza • Whole Grain Bagel w ith Cream Cheese V • Kiw i Fruit • Mandarin Oranges 	<p>16</p> <ul style="list-style-type: none"> • Egg & Cheese Omelet w ith Whole Grain Biscuit V • Straw berry Banana Bash Yogurt w ith Graham Crackers V • Fresh Tangerines • Diced Pears
<p>19</p> <ul style="list-style-type: none"> • Chocolate French Toast Bites w ith Syrup • Guava Breakfast Flip V • Fresh Banana • Orange Smiles 	<p>20</p> <ul style="list-style-type: none"> • Turkey Sausage Breakfast Pizza • Fresh Pears • Mandarin Oranges 	<p>21</p> <ul style="list-style-type: none"> • Cinnamon Roll V • Maple Madness Mini Waffles V • Fresh Apple • Fresh Straw berries • 100% Grape Juice 	<p>22</p> <ul style="list-style-type: none"> • Turkey Sausage Biscuit Breakfast Sandwich • Orange Cranberry Breakfast Round V • Kiw i Fruit • Diced Pears 	<p>23</p> <ul style="list-style-type: none"> • Hearty Oatmeal w ith Peaches or Berry Mix Fruit Topping V • Blueberry Patch Parfait V • Fresh Blueberries • Diced Peaches
<p>26</p> <ul style="list-style-type: none"> • Southw estern Scrambled Eggs w ith Whole Grain Toast • Cinnamon Mini Bagels V • Fresh Apple Slices • Diced Pears 	<p>27</p> <ul style="list-style-type: none"> • Biscuit w ith Old Fashioned Country Gravy & Turkey Sausage Patty • Berry Banana Smoothie w ith Graham Cracker V • Mixed Fruit Salad • Straw berries 	<p>28</p> <ul style="list-style-type: none"> • Egg Whole Grain Biscuit Sandwich V • Mini Blueberry Whole Grain Waffles V • Diced Peaches • Orange Smiles • 100% Apple Juice 	<p>29</p> <ul style="list-style-type: none"> • Whole Grain French Toast Sticks VE w ith Syrup • Just Peachy Parfait V • Fresh Nectarines • Baked Cinnamon Apples 	<p>30</p> <ul style="list-style-type: none"> • Turkey Sausage Breakfast Pizza • Ultra Berry Bread V • Blueberries V • Fresh Banana



Vegetarian V

(includes milk and eggs)



Vegan VE



Locally Sourced

Student's choice of skim or 1% hormone-free milk provided at every meal

All grains are whole grain rich. This menu is subject to change and based upon product availability.

Food Celebrations

Welcome Back! Here are some exciting ways to stay engaged with your food this school year.

Super Bites Blackberries

Assorted Cereal (**V**) with graham cracker (**V**) and Whole Grain Muffins (**V**) with string cheese (**V**) served daily! Cereal options include Cheerios, Rice Chex, Cinnamon Chex, Golden Grahams, and Raisin Bran. Muffin choices are apple cinnamon, blueberry, banana, or chocolate chip.

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