



School Information:

All meals meet USDA guidelines for a healthy school breakfast
 All Students **MUST** have a serving of Fruit for Breakfast!
 All Grains served are Whole Grain Rich.



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

Tuesday

Wednesday

Thursday

Friday

No School

First Day of School
Available Daily: 27
 Assorted Breakfast Cereal
 Breakfast Bar & Crackers
 Granola & Yogurt
 Fresh Fruits
 100% Fruit Juice
 Low-fat or Fat-free Milk

Ultimate Breakfast Round
Available Daily: 28
 Assorted Breakfast Cereal
 Breakfast Bar & Crackers
 Granola & Yogurt
 Fresh Fruits
 100% Fruit Juice
 Low-fat or Fat-free Milk

Crunchmania
Available Daily: 29
 Assorted Breakfast Cereal
 Breakfast Bar & Crackers
 Granola & Yogurt
 Fresh Fruits
 100% Fruit Juice
 Low-fat or Fat-free Milk

No School

Labor Day 2
 No School

Choc Chip Muffin 3
Available Daily:
 Assorted Breakfast Cereal
 Breakfast Bar & Crackers
 Granola & Yogurt
 Fresh Fruits
 100% Fruit Juice
 Low-fat or Fat-free Milk

Bageler with Cheese 4
Available Daily:
 Assorted Breakfast Cereal
 Breakfast Bar & Crackers
 Granola & Yogurt
 Fresh Fruits
 100% Fruit Juice
 Low-fat or Fat-free Milk

Banana Bread 5
Available Daily:
 Assorted Breakfast Cereal
 Breakfast Bar & Crackers
 Granola & Yogurt
 Fresh Fruits
 100% Fruit Juice
 Low-fat or Fat-free Milk

Cinnamon Roll 6
Available Daily:
 Assorted Breakfast Cereal
 Breakfast Bar & Crackers
 Granola & Yogurt
 Fresh Fruits
 100% Fruit Juice
 Low-fat or Fat-free Milk

French Toast Sticks 9
Available Daily:
 Assorted Breakfast Cereal
 Breakfast Bar & Crackers
 Granola & Yogurt
 Fresh Fruits
 100% Fruit Juice
 Low-fat or Fat-free Milk

Mini Waffles 10
Available Daily:
 Assorted Breakfast Cereal
 Breakfast Bar & Crackers
 Granola & Yogurt
 Fresh Fruits
 100% Fruit Juice
 Low-fat or Fat-free Milk

Ultimate Breakfast Round 11
Available Daily:
 Assorted Breakfast Cereal
 Breakfast Bar & Crackers
 Granola & Yogurt
 Fresh Fruits
 100% Fruit Juice
 Low-fat or Fat-free Milk

Cheese Bageler 12
Available Daily:
 Assorted Breakfast Cereal
 Breakfast Bar & Crackers
 Granola & Yogurt
 Fresh Fruits
 100% Fruit Juice
 Low-fat or Fat-free Milk

Banana Bread 13
Available Daily:
 Assorted Breakfast Cereal
 Breakfast Bar & Crackers
 Granola & Yogurt
 Fresh Fruits
 100% Fruit Juice
 Low-fat or Fat-free Milk

Blueberry Muffin 16
Available Daily:
 Assorted Breakfast Cereal
 Breakfast Bar & Crackers
 Granola & Yogurt
 Fresh Fruits
 100% Fruit Juice
 Low-fat or Fat-free Milk

Bagel & Cream Cheese 17
Available Daily:
 Assorted Breakfast Cereal
 Breakfast Bar & Crackers
 Granola & Yogurt
 Fresh Fruits
 100% Fruit Juice
 Low-fat or Fat-free Milk

Cinnamon Roll 18
Available Daily:
 Assorted Breakfast Cereal
 Breakfast Bar & Crackers
 Granola & Yogurt
 Fresh Fruits
 100% Fruit Juice
 Low-fat or Fat-free Milk

French Toast Sticks 19
Available Daily:
 Assorted Breakfast Cereal
 Breakfast Bar & Crackers
 Granola & Yogurt
 Fresh Fruits
 100% Fruit Juice
 Low-fat or Fat-free Milk

No School 20

Assorted Breakfast Cereal 23
Breakfast Bar
Crackers
 One cup serving Fresh Fruits
 100% Fruit Juice
 Low-fat or Fat-free Milk

Ultimate Breakfast Round 24
Assorted Breakfast Cereal
Breakfast Bar
Crackers
 One cup serving Fresh Fruits
 100% Fruit Juice
 Low-fat or Fat-free Milk

French Toast Sticks 25
Assorted Breakfast Cereal
Breakfast Bar
Crackers
 One cup serving Fresh Fruits
 100% Fruit Juice
 Low-fat or Fat-free Milk

Plain Bagel & Cream Cheese 26
Assorted Breakfast Cereal
Breakfast Bar
Crackers
 One cup serving Fresh Fruits
 100% Fruit Juice

Plain Bagel & Cream Cheese 26
Assorted Breakfast Cereal
Breakfast Bar
Crackers
 One cup serving Fresh Fruits
 100% Fruit Juice