

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

No School

Labor Day

No School

French Toast Sticks 9
Assorted Breakfast Cereal
Breakfast Bar
Crackers
One cup serving Fresh Fruits
100% Fruit Juice
Low-fat or Fat-free Milk

Blueberry Muffin 16
Assorted Breakfast Cereal
Breakfast Bar
Crackers
One cup serving Fresh Fruits
100% Fruit Juice
Low-fat or Fat-free Milk

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

Tuesday

First Day of School
Assorted Breakfast Cereal 27
Breakfast Bar
Crackers
One cup serving Fresh Fruits
100% Fruit Juice
Low-fat or Fat-free Milk

Choc Chip Muffin 3
Assorted Breakfast Cereal
Breakfast Bar
Crackers
One cup serving Fresh Fruits
100% Fruit Juice
Low-fat or Fat-free Milk

Mini Waffles 10
Assorted Breakfast Cereal
Breakfast Bar
Crackers
One cup serving Fresh Fruits
100% Fruit Juice
Low-fat or Fat-free Milk

Bagel & Cream Cheese 17
Assorted Breakfast Cereal
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

Wednesday

Ultimate Breakfast Round 28
Assorted Breakfast Cereal
Breakfast Bar
Crackers
One cup serving Fresh Fruits
100% Fruit Juice
Low-fat or Fat-free Milk

Bageler with Cheese 4
Assorted Breakfast Cereal
Breakfast Bar
Crackers
One cup serving Fresh Fruits
100% Fruit Juice
Low-fat or Fat-free Milk

Ultimate Breakfast Round 11
Assorted Breakfast Cereal
Breakfast Bar
Crackers
One cup serving Fresh Fruits
100% Fruit Juice
Low-fat or Fat-free Milk

Cinnamon Roll 18
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

Thursday

Crunchmania 29
Assorted Breakfast Cereal
Breakfast Bar
Crackers
One cup serving Fresh Fruits
100% Fruit Juice
Low-fat or Fat-free Milk

Banana Bread 5
Assorted Breakfast Cereal
Breakfast Bar
Crackers
One cup serving Fresh Fruits
100% Fruit Juice
Low-fat or Fat-free Milk

Cheese Bageler 12
Assorted Breakfast Cereal
Breakfast Bar
Crackers
One cup serving Fresh Fruits
100% Fruit Juice
Low-fat or Fat-free Milk

Oatmeal Bars 19
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
Low-fat or Fat-free Milk

Friday

30

No School

Cinnamon Roll 6
Assorted Breakfast Cereal
Breakfast Bar
Crackers
One cup serving Fresh Fruits
100% Fruit Juice
Low-fat or Fat-free Milk

Banana Bread 13
Assorted Breakfast Cereal
Breakfast Bar
Crackers
One cup serving Fresh Fruits
100% Fruit Juice
Low-fat or Fat-free Milk

20

No School

Mini Pancake 27
Assorted Breakfast Cereal
Breakfast Bar
Crackers
One cup serving Fresh Fruits
100% Fruit Juice