

Breakfast K-12

August 2023

MON

TUE

WED

THU

FRI

	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21 Banana Muffin w/ Raisins & Applesauce	22 Strawberry Yogurt w/ Graham Crackers Apple Frudel Apple Slices & Diced Pineapple	23 Multi-Grain Frosted Flakes w/ Graham Crackers Waffles w/ Syrup Diced Peaches & 100% Grape Juice	24 Cinnamon Toast Crunch w/ Graham Crackers Pancakes w/ Syrup Apple Slices & 100% Orange Juice	25 Cinnamon Crisp Bar w/ Raisins & 100% Grape Juice
28 Cherry Cocoa Bar w/ Fresh Pear & 100% Pineapple Juice	29 Strawberry Yogurt w/ Graham Crackers Mini Egg & Cheese Flatbread Apple Slices & Diced Pineapple	30 Honey Cheerios w/Graham Crackers French Toast w/Syrup Diced Peaches & 100% Grape Juice	31 Plain Bagel w/Cream Cheese Cinnamon Buns Apple Slices & 100% Orange Juice	

DID YOU KNOW...

- ✓ All grain products are whole grain rich
- ✓ There are no pork products on this menu
- ✓ Meats are lean and cheeses are low fat
- ✓ All products contain Zero Trans Fats, No Artificial Colors and Sweeteners, and No High Fructose Corn Syrup

Breakfast Milk Choices

1% or Skim Milk

Please Note

Locally Grown Component Served Daily

Menu is subject to change

Vegetarian Meal Options are indicated with a "V"



This institution is an equal opportunity provider.

Breakfast K-12

September 2023

MON	TUE	WED	THU	FRI
				1 Multi-Grain Cinnamon Flakes Graham Crackers Raisins & 100% Grape Juice
4	5 Multi-Grain Cheerios Graham Crackers Raisins & Applesauce	6 Cinnamon Raisin Bagel w/ Butter French Toast w/ Syrup Diced Peaches & 100% Grape Juice	7 Honey Cheerios w/ Graham Crackers Cinnamon Bun Apple Slices & 100% Orange Juice	8 Cherry Cocoa Bar Fresh Pear & 100% Pineapple Juice
11 Cinnamon Crisp Bar Raisins & 100% Grape Juice	12 Strawberry Yogurt w/ Graham Crackers NEW! Breakfast Pizza Apple Slices & Diced Pineapple	13 Cinnamon Flakes w/ Graham Crackers Apple Frudel Diced Peaches & 100% Grape Juice	14 Plain Bagel w/ Cream Cheese Waffles w/ Syrup Apple Slices & 100% Orange Juice	15 Blueberry Muffin Fresh Orange & 100% Pineapple Juice
18 Banana Muffin Raisins & Applesauce	19 Strawberry Yogurt w/ Graham Crackers Apple Frudel Apple Slices & Diced Pineapple	20 Frosted Flakes w/ Graham Crackers Waffle w/ Syrup Diced Peaches & 100% Grape Juice	21 Cinnamon Toast Crunch w/ Graham Crackers Pancakes w/ Syrup Apple Slices & 100% Orange Juice	22 Cinnamon Crisp Bar Raisins & 100% Grape Juice
25 Cherry Cocoa Bar Fresh Pear & 100% Pineapple Juice	26 Strawberry Yogurt w/ Graham Crackers NEW! Mini Egg & Cheese Flatbread Apple Slices & Diced Pineapple	27 Honey Cheerios w/ Graham Crackers French Toast w/ Syrup Diced Peaches & 100% Grape Juice	28 Plain Bagel w/ Cream Cheese Cinnamon Bun Apple Slices & 100% Orange Juice	29 Multi-Grain Cinnamon Flakes Graham Crackers Raisins & 100% Grape Juice

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- ✓ There are no pork products on this menu
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- ✓ All products contain Zero Trans Fats, No Artificial Colors and Sweeteners, and No High Fructose Corn Syrup

Breakfast Milk Choices

1% Unflavored Milk
Skim Unflavored Milk

Please Note

Locally Grown Component Served Daily
Menu is subject to change
Vegetarian Meal Options are indicated with a "V"

