

Breakfast K-12

August 2024

MON

TUE

WED

THU

FRI

5

Multi-Grain Cheerios
w/ Graham Crackers
Raisins & Applesauce

6

Strawberry Yogurt w/
Graham Crackers
or
Pancakes w/ Syrup
Fresh Apple & Diced
Pineapple

7

Cinnamon Raisin Bagel
w/ Butter
or
French Toast w/ Syrup
Diced Peaches & 100%
Grape Juice

1

Honey Cheerios w/
Graham Crackers
or
Cinnamon Bun
Fresh Apple & 100%
Orange Juice

2

Cherry Cocoa Bar
Fresh Pear & 100%
Very Berry Juice

12

Cinnamon Crisp Bar
Raisins & 100%
Grape Juice

13

Strawberry Yogurt w/
Graham Crackers (V)
or
Breakfast Pizza
Fresh Apple & Diced
Pineapple

14

Multi-Grain Cinnamon
Flakes w/Graham
Crackers
or
Apple Frudel
Diced Peaches & 100%
Grape Juice

15

Plain Bagel w/ Cream
Cheese
or
Waffles w/ Syrup
Fresh Apple & 100%
Orange Juice

16

Blueberry Muffin
Fresh Orange & 100%
Very Berry Juice

19

Banana Muffin
Raisins & Applesauce

20

Strawberry Yogurt w/
Graham Crackers
or
Apple Frudel
Fresh Apple & Diced
Pineapple

21

Whole-Grain Frosted
Flakes w/ Graham
Crackers
or
Cinnamon Butter Honey
Biscuit
Diced Peaches & 100%
Grape Juice

22

Cinnamon Toast Crunch
w/Graham Crackers
or
Pancakes w/ Syrup
Fresh Apple & 100%
Orange Juice

23

Cinnamon Crisp Bar
Raisins & 100% Grape
Juice

26

Cherry Cocoa Bar
Fresh Pear & 100%
Very Berry Juice

27

Strawberry Yogurt w/
Graham Crackers
or
Cinnamon Bun
Fresh Apple & Diced
Pineapple

28

Honey Cheerios w/
Graham Crackers
or
Cinnamon Butter Honey
Biscuit
Diced Peaches & 100%
Grape Juice

29

Plain Bagel w/ Cream
Cheese (V)
or
Mini Sausage & Cheese
Flatbread
Fresh Apple & 100%
Orange Juice

30

Apple Jacks w/ Graham
Crackers
Raisins & 100% Grape
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% Milk and 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.