

# Breakfast K-12

September 2024

MON	TUE	WED	THU	FRI
2 Cinnamon Crisp Bar Raisins & 100% Grape Juice	3 Strawberry Yogurt w/ Graham Crackers or Apple Frudel Fresh Apple & Diced Pineapple	4 Cinnamon Raisin Bagel w/ Butter or French Toast w/ Syrup Diced Peaches & 100% Grape Juice	5 Honey Cheerios w/ Graham Crackers or Cinnamon Bun Fresh Apple & 100% Orange Juice	6 Cherry Cocoa Bar Fresh Pear & 100% Very Berry Juice
9 Cinnamon Crisp Bar Raisins & 100% Grape Juice	10 Strawberry Yogurt w/ Graham Crackers (V) or Breakfast Pizza Fresh Apple & Diced Pineapple	11 Multi-Grain Cinnamon Flakes w/ Graham Crackers or Apple Frudel Diced Peaches & 100% Grape Juice	12 Plain Bagel w/ Cream Cheese or Waffles w/ Syrup Fresh Apple & 100% Orange Juice	13 Blueberry Muffin Fresh Orange & 100% Very Berry Juice
16 Banana Muffin Raisins & Applesauce	17 Strawberry Yogurt w/ Graham Crackers or Apple Frudel Fresh Apple & Diced Pineapple	18 Multi-Grain Frosted Flakes w/ Graham Crackers or Cinnamon Butter Honey Biscuit Diced Peaches & 100% Grape Juice	19 Cinnamon Toast Crunch w/ Graham Crackers or Pancakes w/ Syrup Fresh Apple & 100% Orange Juice	20 Cinnamon Crisp Bar Raisins & 100% Grape Juice
23 Cherry Cocoa Bar Fresh Pear & 100% Very Berry Juice	24 Strawberry Yogurt w/ Graham Crackers or Cinnamon Bun Fresh Apple & Diced Pineapple	25 Honey Cheerios w/ Graham Crackers or Cinnamon Butter Honey Biscuit Diced Peaches & 100% Grape Juice	26 Plain Bagel w/ Cream Cheese (V) or Mini Sausage & Cheese Flatbread Fresh Apple & 100% Orange Juice	27 Apple Jacks w/ Graham Crackers Raisins & 100% Grape Juice
30 Multi-Grain Cheerios w/ Graham Crackers Raisins & Applesauce				

## 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 Planned Daily.

Menu is subject to change.

Vegetarian Meal Options are indicated with a "V".

