



September 2019

In Season Grapes

One cup of grapes, with about 100 calories, provides more than a quarter of the daily recommended values of vitamins K and C. Grape seeds, which are edible, are full of antioxidants. Grapes are a kind berry. They have a leathery covering and a fleshy inside, similar to blueberries.



Monday

Tuesday

Wednesday

Thursday

Friday

2

3

Cheese Quesadilla Triangle
Mini Pancakes
Cereal Variety 4

Breakfast Sliders
Yogurt and Muffin
Cereal Variety 5

Bagel & Cream Cheese
Honey Wheat Breakfast Bar
Cereal Variety 6

Maple Breakfast Wrap
Ultimate Breakfast Round & Smoothie
Cereal Variety 9

Breakfast Pizza
Mini Cinnis
Cereal Variety 10

Cheese Quesadilla Triangle
Mini Pancakes
Cereal Variety 11

Breakfast Sliders
Yogurt and Muffin
Cereal Variety 12

Bagel & Cream Cheese
Honey Wheat Breakfast Bar
Cereal Variety 13

Maple Breakfast Wrap
Ultimate Breakfast Round & Smoothie
Cereal Variety 16

Breakfast Pizza
Mini Cinnis
Cereal Variety 17

Cheese Quesadilla Triangle
Mini Pancakes
Cereal Variety 18

Breakfast Sliders
Yogurt and Muffin
Cereal Variety 19

Bagel & Cream Cheese
Honey Wheat Breakfast Bar
Cereal Variety 20

Maple Breakfast Wrap
Ultimate Breakfast Round & Smoothie
Cereal Variety 23

Breakfast Pizza
Mini Cinnis
Cereal Variety 24

Cheese Quesadilla Triangle
Mini Pancakes
Cereal Variety 25

Breakfast Sliders
Yogurt and Muffin
Cereal Variety 26

Bagel & Cream Cheese
Honey Wheat Breakfast Bar
Cereal Variety 27

Maple Breakfast Wrap
Ultimate Breakfast Round & Smoothie
Cereal Variety 30

This institution is an equal opportunity provider and employer.

Announcements

Included with All Breakfasts

Daily Fruit Variety
1% White or NF Chocolate Milk
Menu selections may change based on product availability.

*Juliana Fisher MS, RDN, CD
Director, Food Services*

Meal Prices

Breakfast

| | |
|--------------|--------|
| Elementary | \$2.05 |
| Secondary | \$2.30 |
| Reduced K-12 | Free |
| Adult | \$2.70 |

Lunch

| | |
|------------------|--------|
| Elementary | \$3.30 |
| Secondary | \$3.55 |
| Reduced K-3 | Free |
| Reduced PK, 4-12 | \$0.40 |
| Adult | \$4.30 |
| Milk Only | \$0.50 |