



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

Labor Day 2
No School

Tuesday

No School 3

Wednesday

Mini Pancakes 4
Breakfast Pizza
Whole Grain Donut
Breakfast Bread Variety
Yogurt w/muffin or granola
Bagel & Cream Cheese
Cereal Variety

Thursday

Egg Breakfast Wrap 5
Blueberry Muffin Flat
Cinnamon roll
Breakfast Bread Variety
Yogurt w/muffin or granola
Bagel & Cream Cheese
Cereal Variety

Friday

French Toast 6
Breakfast Pizza
Whole Grain Donut
Breakfast Bread Variety
Yogurt w/muffin or granola
Bagel & Cream Cheese
Cereal Variety

Maple Breakfast Wrap 9
Breakfast Pizza
Whole Grain Donut
Breakfast Bread Variety
Yogurt w/muffin or granola
Bagel & Cream Cheese
Cereal Variety

Cheese Quesadilla 10
Blueberry Muffin Flat
Cinnamon Roll
Breakfast Bread Variety
Yogurt w/muffin or granola
Bagel & Cream Cheese
Cereal Variety

Mini Pancakes 11
Breakfast Pizza
Whole Grain Donut
Breakfast Bread Variety
Yogurt w/muffin or granola
Bagel & Cream Cheese
Cereal Variety

Egg Breakfast Wrap 12
Blueberry Muffin Flat
Cinnamon roll
Breakfast Bread Variety
Yogurt w/muffin or granola
Bagel & Cream Cheese
Cereal Variety

French Toast 13
Breakfast Pizza
Whole Grain Donut
Breakfast Bread Variety
Yogurt w/muffin or granola
Bagel & Cream Cheese
Cereal Variety

Maple Breakfast Wrap 16
Breakfast Pizza
Whole Grain Donut
Breakfast Bread Variety
Yogurt w/muffin or granola
Bagel & Cream Cheese
Cereal Variety

Cheese Quesadilla 17
Blueberry Muffin Flat
Cinnamon Roll
Breakfast Bread Variety
Yogurt w/muffin or granola
Bagel & Cream Cheese
Cereal Variety

Mini Pancakes 18
Breakfast Pizza
Whole Grain Donut
Breakfast Bread Variety
Yogurt w/muffin or granola
Bagel & Cream Cheese
Cereal Variety

Egg Breakfast Wrap 19
Blueberry Muffin Flat
Cinnamon roll
Breakfast Bread Variety
Yogurt w/muffin or granola
Bagel & Cream Cheese
Cereal Variety

French Toast 20
Breakfast Pizza
Whole Grain Donut
Breakfast Bread Variety
Yogurt w/muffin or granola
Bagel & Cream Cheese
Cereal Variety

Maple Breakfast Wrap 23
Breakfast Pizza
Whole Grain Donut
Breakfast Bread Variety
Yogurt w/muffin or granola
Bagel & Cream Cheese
Cereal Variety

Cheese Quesadilla 24
Blueberry Muffin Flat
Cinnamon Roll
Breakfast Bread Variety
Yogurt w/muffin or granola
Bagel & Cream Cheese
Cereal Variety

Mini Pancakes 25
Breakfast Pizza
Whole Grain Donut
Breakfast Bread Variety
Yogurt w/muffin or granola
Bagel & Cream Cheese
Cereal Variety

Egg Breakfast Wrap 26
Blueberry Muffin Flat
Cinnamon roll
Breakfast Bread Variety
Yogurt w/muffin or granola
Bagel & Cream Cheese
Cereal Variety

French Toast 27
Breakfast Pizza
Whole Grain Donut
Breakfast Bread Variety
Yogurt w/muffin or granola
Bagel & Cream Cheese
Cereal Variety

Maple Breakfast Wrap 30
Breakfast Pizza
Whole Grain Donut
Breakfast Bread Variety
Yogurt w/muffin or granola
Bagel & Cream Cheese
Cereal Variety

This institution is an equal opportunity provider and employer.

Announcements

Offered Daily:

Breakfast Bread Variety, Yogurt with a Muffin or Granola, Bagel & Cream Cheese, Peanut Butter & Jelly Jamwich, Cereal Variety

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

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|--------------|--------|
| 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 |