

Breakfast Meal Pattern - K-8th

Select a minimum of 3 components

- 1 fruit/ vegetable = 1 cup
- fruit/juice and/or vegetable
- 1 whole grain rich selection(s) = 1oz
- biscuit, roll, muffin, bread, cereal
- 1 milk = 1 Cup
- fluid milk

Menu is subject to change without notice



**This institution is an equal opportunity provider.**

**SEPTEMBER 2021**  
**Breakfast Calendar**

**Prep/MS**

Mon	Tue	Wed	Thu	Fri
		1 Poptart Apple Slices 100% Fruit Juice Milk	2 Cold Cereal Banana Cranberries Milk	3 Apple Pastry Fruit Cup Raisins Milk
6 <b>NO SCHOOL</b> 	7 Cold Cereal Chewy Granola Applesauce Cup Raisins Milk	8 Chocolate ZeeZee Bar Banana 100%Fruit Juice Milk	9 Cereal Bar Cheese Sticks 100% Fruit Juice Apple Milk	10 Mini Cinnamon Pancakes Cranberries Applesauce Cup Milk
13 Poptart 100% Fruit Juice Applesauce Cup Milk	14 Scooby Sticks Yogurt Raisins Fruit Cup Milk	15 Breakfast Bar 100% Fruit Juice Apple Milk	16 Cold Cereal Cinnamon Goldfish Banana Applesauce Cup Milk	17 Egg/Cheese Breakfast Sandwich 100% Fruit Juice Cranberries Milk
20 Cold Cereal Pop Tart 100% Fruit Juice Applesauce Cup Milk	21 Breakfast Bar Fruit Cup Raisins Milk	22 Cold Cereal Apple Slices Applesauce Cup Milk	23 Strawberry ZeeZee Bar Cheese Sticks 100% Fruit Juice Cranberries Milk	24 Mini Pancakes Fruit Cup 100% Fruit Juice Milk
27 Cold Cereal Animal Crackers Applesauce Cup Raisins Milk	28 Cinnamon Roll 100% Fruit Juice Apple Milk	29 Cereal Bar Cheese Sticks 100% Fruit Juice Milk	30 Chewy Granola Yogurt Apple Cranberries Milk	