

DECA

SEPTEMBER 2022
Breakfast Calendar

PREP/MIDDLE

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

wake up!
to
School Breakfast



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

	Mon	Tue	Wed	Thu	Fri
			8/31 Cereal Bar 100% Fruit Juice Apple Milk	9/1 Crunch Mania Cheddar Goldfish 100% Fruit Juice Apple Slices	2 Cinnamon Toast Cream Cheese Pastry 100% Fruit Juice Applesauce Cup Milk
5 NO SCHOOL LABOR DAY	6 Teddy Grahams Cold Cereal 100% Fruit Juice Cranberries Milk	7 Apple Frudel 100% Fruit Juice Apple Slices Milk	8 Cereal Bar 100% Fruit Juice Apple Milk	9 Mini Muffins Cheese Sticks 100% Fruit Juice Cherry Craisins Milk	
12 Cold Cereal Chewy Granola 100% Fruit Juice Cherry Craisins Milk	13 Mini Cinnamon Pull Apart 100% Fruit Juice Banana Milk	14 Pop Tart 100% Fruit Juice Apple Slices Milk	15 Bug Bites Yogurt 100% Fruit Juice Applesauce Cup Milk	16 Strawberry & Cheese Bagel 100% Fruit Juice Apple Milk	
19 Cinnamon Toast Cereal Bar 100% Fruit Juice Applesauce Cup Milk	20 Mini Donut Cheese Stick 100% Fruit Juice Raisins Milk	21 Cold Cereal Cookies & Cream Bar 100% Fruit Juice Cranberries Milk	22 Breakfast Pastry 100% Fruit Juice Apple Slices Milk	23 NO SCHOOL	
26 Pop Tart 100% Fruit Juice Apple Milk	27 Chat Snax Yogurt 100% Fruit Juice Banana Milk	28 Cold Cereal Chewy Granola 100% Fruit Juice Cherry Craisins Milk	29 Cinnamon Bun 100% Fruit Juice Apple Slices Milk	30 Mini Muffins 100% Fruit Juice Cherry Craisins Milk	