

MENU SUBJECT TO CHANGE

SEPTEMBER 2023 MES Breakfast Menu

Student Meal \$1.75

Meal Includes:
Entrée, Fruit of the Day, 100%
Fruit Juice and White Milk

Monday

Tuesday

Wednesday

Thursday

Friday



**NO SCHOOL
LABOR DAY**

4

**Whole Grain
Banana Muffin**
Graham Crackers
Fruit of the Day
100% Fruit Juice
White Milk

5

**Whole Grain
Fudge Pop-Tart**
Graham Crackers
Fruit of the Day
100% Fruit Juice
White Milk

6

**Cocoa Puffs
Cereal Cup**
Cheese Stick
Fruit of the Day
100% Fruit Juice
White Milk

7

**Whole Grain Strawberry
Nutri-Grain Bar**
Cheese Stick
Fruit of the Day
100% Fruit Juice
White Milk

1

**Whole Grain Cinnamon
Breakfast Square**
Cheese Stick
Fruit of the Day
100% Fruit Juice
White Milk

8

**Whole Grain Double
Chocolate Muffin**
Graham Crackers
Fruit of the Day
100% Fruit Juice
White Milk

11

**Cinnamon Toast Crunch
Cereal Cup**
Cheese Stick
Fruit of the Day
100% Fruit Juice
White Milk

12

**Whole Grain Chocolate
Chip Oatmeal Bar**
Graham Crackers
Fruit of the Day
100% Fruit Juice
White Milk

13

Raspberry Yogurt Cup
Animal Crackers
Fruit of the Day
100% Fruit Juice
White Milk

14

**Whole Grain Strawberry
Oatmeal Bar**
Cheese Stick
Fruit of the Day
100% Fruit Juice
White Milk

15

**Whole Grain Blueberry
Pop-Tart**
Graham Crackers
Fruit of the Day
100% Fruit Juice
White Milk

18

**Whole Grain Apple
Cinnamon Muffin**
Cheese Stick
Fruit of the Day
100% Fruit Juice
White Milk

19

**Strawberry Banana
Yogurt Cup**
Animal Crackers
Fruit of the Day
100% Fruit Juice
White Milk

20

**Whole Grain
Smores Bar**
Graham Crackers
Fruit of the Day
100% Fruit Juice
White Milk

21

**Whole Grain Cinnamon
Breakfast Round**
Cheese Stick
Fruit of the Day
100% Fruit Juice
White Milk

22

**Whole Grain Maple
Waffle Snaps**
Cheese Stick
Fruit of the Day
100% Fruit Juice
White Milk

25

Cherry Yogurt Cup
Cheese Stick
Fruit of the Day
100% Fruit Juice
White Milk

26

**Lucky Charms
Cereal Cup**
Graham Crackers
Fruit of the Day
100% Fruit Juice
White Milk

27

**Whole Grain Double
Chocolate Muffin**
Cheese Stick
Fruit of the Day
100% Fruit Juice
White Milk

28

**Whole Grain Chocolate
Chip Oatmeal Square**
Animal Crackers
Fruit of the Day
100% Fruit Juice
White Milk

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Questions contact the Food Service Director
Cindy Day 630-747-1427

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