



ELEMENTARY BREAKFAST SEPTEMBER 2023

Monday	Tuesday	Wednesday	Thursday	Friday
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Additional Fresh Fruits and Vegetables available daily *=Whole Grain Options				NO School! Have a great weekend
4	5	6	7	8
Happy Labor Day!	Cereal* Muffin* or Cereal Bar* Peaches/Mixed Fruit Milk	Cereal* Muffin* or Cereal Bar* Craisins/Clementines Milk	Cereal* Muffin* or Cereal Bar* Strawberries/Applesauce Milk	Cinnamon Roll* Muffin* or Cereal* Banana/100% Fruit Juice Milk
11	12	13	14	15
Cereal* Muffin* or Cereal Bar* Pears/100% Fruit Juice Milk	Cereal* Muffin* or Cereal Bar* Oranges/Applesauce Milk	Cereal* Muffin* or Cereal Bar* Peaches/Mixed Fruit Milk	Cereal* Muffin* or Cereal Bar* Blueberries/Apples Milk	Pancakes* W/ Sausage Muffin* or Cereal* Strawberries/Banana Milk
18	19	20	21	22
Cereal* Muffin* or Cereal Bar* Peaches/100% Fruit Juice Milk	Cereal* Muffin* or Cereal Bar* Grapes/Pears Milk	Cereal* Muffin* or Cereal Bar* Mixed Fruit /Banana Milk	Cereal* Muffin* or Cereal Bar* Strawberries/Applesauce Milk	Cinnamon Roll* Muffin* or Cereal* Banana/100% Fruit Juice Milk
25	26	27	28	29
Cereal* Muffin* or Cereal Bar* Apple Slices/Oranges Milk	Cereal* Muffin* or Cereal Bar* Tangerine/Applesauce Milk	Cereal* Muffin* or Cereal Bar* Melon/Apples Milk	Cereal* Muffin* or Cereal Bar* Pears/100% Fruit Juice Milk	Waffles* W/ Egg Patty Muffin* or Cereal* Peaches/Banana Milk