



SECONDARY BREAKFAST SEPTEMBER 2023

Monday	Tuesday	Wednesday	Thursday	Friday
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*=WHOLE GRAIN OPTIONS				No School! Enjoy your weekend!
4	5	6	7	8
LABOR DAY! No School!	Bagels* W/ Cream Cheese Cereal*, Muffin* or Cereal Bar* Peaches/Mixed Fruit Milk	Sausage & Biscuit Sandwich* Cereal*, Muffin* or Cereal Bar* Craisins/Clementines Milk	Breakfast Bagel* Sandwich Cereal*, Muffin* or Cereal Bar* Strawberries/Applesauce Milk	Cinnamon Roll* Cereal*,Muffin* or Cereal Bar* Banana/100% Fruit Juice
11	12	13	14	15
Donuts* Cereal*, Muffin* or Cereal Bar* Pears/100% Fruit Juice Milk	Pancakes* W/ Sausage Cereal*, Muffin* or Cereal Bar* Oranges/Applesauce Milk	Pancake Wrap* Cereal*, Muffin* or Cereal Bar* Peaches/Mixed Fruit Milk	Breakfast Pizza* Cereal*, Muffin* or Cereal Bar* Blueberries/Apples Milk	Cinnamon Roll* Cereal*,Muffin* or Cereal Bar* Strawberries/Banana Milk
18	19	20	21	22
Breakfast Bagel* Pizza Cereal*, Muffin* or Cereal Bar* Peaches/100% Fruit Juice Milk	Mini Pancake/Sausage Wrap Cereal*. Muffin* or Cereal Bar* Grapes/Pears Milk	Bagels* W/ Cream Cheese Cereal*, Muffin* or Cereal Bar* Mixed Fruit/Banana Milk	Sausage and Biscuit* Sandwich Cereal*, Muffin* or Cereal Bar* Banana/100% Fruit Juice Milk	Cinnamon Roll* Cereal*,Muffin* or Cereal Bar* Banana/100% Fruit Juice Milk
25	26	27	28	29
Pancakes* Cereal*, Muffin* or Cereal Bar* Apple Slices/Oranges Milk	Donuts* Cereal*. Muffin* or Cereal Bar* Tangerine/Applesauce Milk	Breakfast Pizza* Cereal*, Muffin* or Cereal Bar* Melon/Apples Milk	Waffles* W/ Egg Patty Cereal*, Muffin* or Cereal Bar* Banana/100% Fruit Juice Milk	Cinnamon Roll* Cereal*,Muffin* or Cereal Bar* Peaches/Banana Milk
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