Breakfast Meal Pattern - K-8th Select a minimum of 3 components Fruit/ Vegetable = minimum 1 cup --fruit juice and/or vegetable

Whole grain rich (WG) selection(s) = minimum loz -- biscuit, roll, muffin, bread, cereal

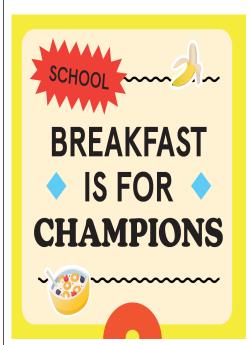
1 milk = 1 cup

-- fluid milk

1% and 1% chocolate served daily

Menu is subject to change based on product availability

This institution is an equal opportunity provider.



September 2023

DECA Prep/Middle

Breakfast Calendar

Mon	Tue	Wed	Thu	Fri
		ILE TICI HOOL BREA	dé	1 Mini Muffins String Cheese 100% Fruit Juice Apple
4 NO SCHOOL ABOR DAY THANK YOU FOR YOUR HARD WORK	5 Cold Cereal w/Goldfish 100% Fruit Juice Strawberry Craisins	6 Pop Tart Cheese Stick 100% Fruit Juice Apple Slices	7 Cereal Bar Yogurt 100% Fruit Juice Strawberry Craisins	8 Super Donut GoGurt 100% Fruit Juice Apples
11 Teddy Graham Cold Cereal 100% Fruit Juice Cherry Craisins	12 Chocolate Crescent Cheddar Goldfish 100% Fruit Juice Banana	13 Cereal Bar Cheese Sticks 100% Fruit Juice Craisins	14 Super Donut Yogurt 100% Fruit Juice Fruit Cup	15 Cinn Goldfish Cinnamon Roll 100% Fruit Juice Apple Slices
18 Cold Cereal w/ Goldfish 100% Fruit Juice Craisins	19 Scooby Sticks Yogurt 100% Fruit Juice Craisins	20 Cookies & Cream Granola Bar Apple Slices 100% Fruit Juice	21 Super Donut String Cheese 100% Fruit Juice Apple	22 NO SCHOOL NATIONAL GREAM DAY
25 Pop Tart w/ Goldfish 100% Fruit Juice Craisins	26 Cold Cereal Chat Snax 100% Fruit Juice Banana	27 Mini Cinnis Cheese Sticks 100% Fruit Juice Craisins	28 Cereal Bar Yogurt 100% Fruit Juice Strawberry Craisins	29 Soft Cinnamon Toast CC Pastry 100% Fruit Juice Apple Slices