



POWERUP!

Power Your Performance

September 2023

North Gresham Breakfast

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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Labor Day

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Breakfast

- **Cheesy Scrambled Eggs** (0.5 cups, 3g Carbs, 0g Sugar)
- **Golden Grahams** (1 each, 24g Carbs, 9g Sugar)
- **Low Fat Mozzarella String Cheese** (1 each, 1g Carbs, 0g Sugar)
- **Hard Boiled Egg** (1 each, 0g Carbs, 0g Sugar)
- **Fresh Banana** (1 each, 23g Carbs, 12g Sugar)
- **Fresh Red Delicious Apple** (1 each, 18g Carbs, 14g Sugar)
- **Apple Juice** (1 each, 14g Carbs, 13g Sugar)
- **Orange Juice** (1 each, 12g Carbs, 10g Sugar)
- **Skim Milk** (1 each, 13g Carbs, 12g Sugar)
- **1% Low-fat Milk** (1 each, 13g Carbs, 12g Sugar)

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Breakfast

- **Whole Grain Waffles** (2 each, 28g Carbs, 4g Sugar)
- **Reduced Sugar Trix** (1 each, 23g Carbs, 6g Sugar)
- **Sliced Whole Grain Cinnamon Toast** (1 slice, 13g Carbs, 2g Sugar)
- **Pork Sausage Patty** (1 each, 1g Carbs, 1g Sugar)
- **Low Fat Mozzarella String Cheese** (1 each, 1g Carbs, 0g Sugar)
- **Fresh Orange** (1 each, 14g Carbs, 11g Sugar)
- **Fresh Granny Smith Apple** (1 each, 18g Carbs, 14g Sugar)
- **Apple Juice** (1 each, 14g Carbs, 13g Sugar)
- **Orange Juice** (1 each, 12g Carbs, 10g Sugar)
- **Skim Milk** (1 each, 13g Carbs, 12g Sugar)
- **1% Low-fat Milk** (1 each, 13g Carbs, 12g Sugar)

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Breakfast

- **Turkey Ham, Egg, & Cheese Bagel** (1 sandwich, 39g Carbs, 4g Sugar)
- **Multigrain Frosted Flakes** (1 each, 24g Carbs, 7g Sugar)
- **Sliced Whole Grain Cinnamon Toast** (1 slice, 13g Carbs, 2g Sugar)
- **Low Fat Mozzarella String Cheese** (1 each, 1g Carbs, 0g Sugar)
- **Hard Boiled Egg** (1 each, 0g Carbs, 0g Sugar)
- **Fresh Banana** (1 each, 23g Carbs, 12g Sugar)
- **Fresh Red Delicious Apple** (1 each, 18g Carbs, 14g Sugar)
- **Apple Juice** (1 each, 14g Carbs, 13g Sugar)
- **Orange Juice** (1 each, 12g Carbs, 10g Sugar)
- **Skim Milk** (1 each, 13g Carbs, 12g Sugar)
- **1% Low-fat Milk** (1 each, 13g Carbs, 12g Sugar)

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Breakfast

- **Breakfast Turkey Sausage Pizza** (1 piece, 27g Carbs, 5g Sugar)
- **Cocoa Puffs** (1 each, 25g Carbs, 8g Sugar)
- **Sliced Whole Grain Cinnamon Toast** (1 slice, 13g Carbs, 2g Sugar)
- **Pork Sausage Patty** (1 each, 1g Carbs, 1g Sugar)
- **Low Fat Mozzarella String Cheese** (1 each, 1g Carbs, 0g Sugar)
- **Fresh Orange** (1 each, 14g Carbs, 11g Sugar)
- **Fresh Granny Smith Apple** (1 each, 18g Carbs, 14g Sugar)
- **Apple Juice** (1 each, 14g Carbs, 13g Sugar)
- **Orange Juice** (1 each, 12g Carbs, 10g Sugar)
- **Skim Milk** (1 each, 13g Carbs, 12g Sugar)
- **1% Low-fat Milk** (1 each, 13g Carbs, 12g Sugar)

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Breakfast

- **Breakfast Burrito** (1 each, 30g Carbs, 1g Sugar)
- **Cocoa Puffs** (1 each, 25g Carbs, 8g Sugar)
- **Sliced Whole Grain Cinnamon Toast** (1 slice, 13g Carbs, 2g Sugar)
- **Pork Sausage Patty** (1 each, 1g Carbs, 1g Sugar)
- **Low Fat Mozzarella String Cheese** (1 each, 1g Carbs, 0g Sugar)
- **Fresh Orange** (1 each, 14g Carbs, 11g Sugar)
- **Fresh Granny Smith Apple** (1 each, 18g Carbs, 14g Sugar)
- **Apple Juice** (1 each, 14g Carbs, 13g Sugar)
- **Orange Juice** (1 each, 12g Carbs, 10g Sugar)
- **Skim Milk** (1 each, 13g Carbs, 12g Sugar)
- **1% Low-fat Milk** (1 each, 13g Carbs, 12g Sugar)

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Breakfast

- **Fresh Baked Whole Grain Biscuit** (1 each, 28g Carbs, 3g Sugar)
- **Apple Cinnamon Cheerios** (1 each, 23g Carbs, 9g Sugar)
- **Sliced Whole Grain Cinnamon Toast** (1 slice, 13g Carbs, 2g Sugar)
- **Low Fat Mozzarella String Cheese** (1 each, 1g Carbs, 0g Sugar)
- **Hard Boiled Egg** (1 each, 0g Carbs, 0g Sugar)
- **Fresh Banana** (1 each, 23g Carbs, 12g Sugar)
- **Fresh Red Delicious Apple** (1 each, 18g Carbs, 14g Sugar)
- **Apple Juice** (1 each, 14g Carbs, 13g Sugar)
- **Orange Juice** (1 each, 12g Carbs, 10g Sugar)
- **Skim Milk** (1 each, 13g Carbs, 12g Sugar)
- **1% Low-fat Milk** (1 each, 13g Carbs, 12g Sugar)

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Breakfast

- **Homemade Pancakes** (2 each, 25g Carbs, 4g Sugar)
- **Golden Grahams** (1 each, 24g Carbs, 9g Sugar)
- **Sliced Whole Grain Cinnamon Toast** (1 slice, 13g Carbs, 2g Sugar)
- **Pork Sausage Patty** (1 each, 1g Carbs, 1g Sugar)
- **Low Fat Mozzarella String Cheese** (1 each, 1g Carbs, 0g Sugar)
- **Fresh Orange** (1 each, 14g Carbs, 11g Sugar)
- **Fresh Granny Smith Apple** (1 each, 18g Carbs, 14g Sugar)
- **Apple Juice** (1 each, 14g Carbs, 13g Sugar)
- **Orange Juice** (1 each, 12g Carbs, 10g Sugar)
- **Skim Milk** (1 each, 13g Carbs, 12g Sugar)
- **1% Low-fat Milk** (1 each, 13g Carbs, 12g Sugar)

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Breakfast

- **Blueberry Bagel** (1 serving, 48g Carbs, 9g Sugar)
- **Lucky Charms** (1 each, 23g Carbs, 9g Sugar)
- **Sliced Whole Grain Cinnamon Toast** (1 slice, 13g Carbs, 2g Sugar)
- **Low Fat Mozzarella String Cheese** (1 each, 1g Carbs, 0g Sugar)
- **Hard Boiled Egg** (1 each, 0g Carbs, 0g Sugar)
- **Fresh Banana** (1 each, 23g Carbs, 12g Sugar)
- **Fresh Red Delicious Apple** (1 each, 18g Carbs, 14g Sugar)
- **Apple Juice** (1 each, 14g Carbs, 13g Sugar)
- **Orange Juice** (1 each, 12g Carbs, 10g Sugar)
- **Skim Milk** (1 each, 13g Carbs, 12g Sugar)
- **1% Low-fat Milk** (1 each, 13g Carbs, 12g Sugar)

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Breakfast

- **Breakfast Turkey Sausage Pizza** (1 piece, 27g Carbs, 5g Sugar)
- **Cinnamon Toast Crunch** (1 each, 22g Carbs, 6g Sugar)
- **Sliced Whole Grain Cinnamon Toast** (1 slice, 13g Carbs, 2g Sugar)
- **Pork Sausage Patty** (1 each, 1g Carbs, 1g Sugar)
- **Low Fat Mozzarella String Cheese** (1 each, 1g Carbs, 0g Sugar)
- **Fresh Orange** (1 each, 14g Carbs, 11g Sugar)
- **Fresh Granny Smith Apple** (1 each, 18g Carbs, 14g Sugar)
- **Apple Juice** (1 each, 14g Carbs, 13g Sugar)
- **Orange Juice** (1 each, 12g Carbs, 10g Sugar)
- **Skim Milk** (1 each, 13g Carbs, 12g Sugar)
- **1% Low-fat Milk** (1 each, 13g Carbs, 12g Sugar)

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Breakfast

- **Whole Grain Waffles** (2 each, 28g Carbs, 4g Sugar)
- **Cinnamon Toast Crunch** (1 each, 22g Carbs, 6g Sugar)
- Sliced Whole Grain Cinnamon Toast (1 slice, 13g Carbs, 2g Sugar)
- Pork Sausage Patty (1 each, 1g Carbs, 1g Sugar)
- Low Fat Mozzarella String Cheese (1 each, 1g Carbs, 0g Sugar)
- Fresh Orange (1 each, 14g Carbs, 11g Sugar)
- Fresh Granny Smith Apple (1 each, 18g Carbs, 14g Sugar)
- Apple Juice (1 each, 14g Carbs, 13g Sugar)
- Orange Juice (1 each, 12g Carbs, 10g Sugar)
- Skim Milk (1 each, 13g Carbs, 12g Sugar)
- 1% Low-fat Milk (1 each, 13g Carbs, 12g Sugar)

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Breakfast

- **Breakfast Turkey Sausage Pizza** (1 piece, 27g Carbs, 5g Sugar)
- **Golden Grahams** (1 each, 24g Carbs, 9g Sugar)
- Sliced Whole Grain Cinnamon Toast (1 slice, 13g Carbs, 2g Sugar)
- Low Fat Mozzarella String Cheese (1 each, 1g Carbs, 0g Sugar)
- Hard Boiled Egg (1 each, 0g Carbs, 0g Sugar)
- Fresh Banana (1 each, 23g Carbs, 12g Sugar)
- Fresh Red Delicious Apple (1 each, 18g Carbs, 14g Sugar)
- Apple Juice (1 each, 14g Carbs, 13g Sugar)
- Orange Juice (1 each, 12g Carbs, 10g Sugar)
- Skim Milk (1 each, 13g Carbs, 12g Sugar)
- 1% Low-fat Milk (1 each, 13g Carbs, 12g Sugar)

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Breakfast

- **Whole Grain French Toast Sticks** (4 piece, 39g Carbs, 9g Sugar)
- **Reduced Sugar Trix** (1 each, 23g Carbs, 6g Sugar)
- Sliced Whole Grain Cinnamon Toast (1 slice, 13g Carbs, 2g Sugar)
- Pork Sausage Patty (1 each, 1g Carbs, 1g Sugar)
- Low Fat Mozzarella String Cheese (1 each, 1g Carbs, 0g Sugar)
- Fresh Orange (1 each, 14g Carbs, 11g Sugar)
- Fresh Granny Smith Apple (1 each, 18g Carbs, 14g Sugar)
- Apple Juice (1 each, 14g Carbs, 13g Sugar)
- Orange Juice (1 each, 12g Carbs, 10g Sugar)
- Skim Milk (1 each, 13g Carbs, 12g Sugar)
- 1% Low-fat Milk (1 each, 13g Carbs, 12g Sugar)

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Breakfast

- **Turkey Sausage & Cheese Biscuit** (1 sandwich, 29g Carbs, 3g Sugar)
- **Multigrain Frosted Flakes** (1 each, 24g Carbs, 7g Sugar)
- Sliced Whole Grain Cinnamon Toast (1 slice, 13g Carbs, 2g Sugar)
- Low Fat Mozzarella String Cheese (1 each, 1g Carbs, 0g Sugar)
- Hard Boiled Egg (1 each, 0g Carbs, 0g Sugar)
- Fresh Banana (1 each, 23g Carbs, 12g Sugar)
- Fresh Red Delicious Apple (1 each, 18g Carbs, 14g Sugar)
- Apple Juice (1 each, 14g Carbs, 13g Sugar)
- Orange Juice (1 each, 12g Carbs, 10g Sugar)
- Skim Milk (1 each, 13g Carbs, 12g Sugar)
- 1% Low-fat Milk (1 each, 13g Carbs, 12g Sugar)

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Breakfast

- **Blueberry Bagel** (1 serving, 48g Carbs, 9g Sugar)
- **Cocoa Puffs** (1 each, 25g Carbs, 8g Sugar)
- Sliced Whole Grain Cinnamon Toast (1 slice, 13g Carbs, 2g Sugar)
- Fresh Orange (1 each, 14g Carbs, 11g Sugar)
- Fresh Granny Smith Apple (1 each, 18g Carbs, 14g Sugar)
- Apple Juice (1 each, 14g Carbs, 13g Sugar)
- Orange Juice (1 each, 12g Carbs, 10g Sugar)
- Skim Milk (1 each, 13g Carbs, 12g Sugar)
- 1% Low-fat Milk (1 each, 13g Carbs, 12g Sugar)

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Breakfast

- **WG Cinnamon Glazed French Toast Sticks** (3 piece, 28g Carbs, 8g Sugar)
- **Cocoa Puffs** (1 each, 25g Carbs, 8g Sugar)
- Sliced Whole Grain Cinnamon Toast (1 slice, 13g Carbs, 2g Sugar)
- Pork Sausage Patty (1 each, 1g Carbs, 1g Sugar)
- Low Fat Mozzarella String Cheese (1 each, 1g Carbs, 0g Sugar)
- Fresh Orange (1 each, 14g Carbs, 11g Sugar)
- Fresh Granny Smith Apple (1 each, 18g Carbs, 14g Sugar)
- Apple Juice (1 each, 14g Carbs, 13g Sugar)
- Orange Juice (1 each, 12g Carbs, 10g Sugar)
- Skim Milk (1 each, 13g Carbs, 12g Sugar)
- 1% Low-fat Milk (1 each, 13g Carbs, 12g Sugar)

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Breakfast

- **Cheesy Scrambled Eggs** (0.5 cups, 3g Carbs, 0g Sugar)
- **Apple Cinnamon Cheerios** (1 each, 23g Carbs, 9g Sugar)
- Low Fat Mozzarella String Cheese (1 each, 1g Carbs, 0g Sugar)
- Hard Boiled Egg (1 each, 0g Carbs, 0g Sugar)
- Fresh Banana (1 each, 23g Carbs, 12g Sugar)
- Fresh Red Delicious Apple (1 each, 18g Carbs, 14g Sugar)
- Apple Juice (1 each, 14g Carbs, 13g Sugar)
- Orange Juice (1 each, 12g Carbs, 10g Sugar)
- Skim Milk (1 each, 13g Carbs, 12g Sugar)
- 1% Low-fat Milk (1 each, 13g Carbs, 12g Sugar)

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Breakfast

- **Homemade Pancakes** (2 each, 25g Carbs, 4g Sugar)
- **Golden Grahams** (1 each, 24g Carbs, 9g Sugar)
- Sliced Whole Grain Cinnamon Toast (1 slice, 13g Carbs, 2g Sugar)
- Pork Sausage Patty (1 each, 1g Carbs, 1g Sugar)
- Low Fat Mozzarella String Cheese (1 each, 1g Carbs, 0g Sugar)
- Fresh Orange (1 each, 14g Carbs, 11g Sugar)
- Fresh Granny Smith Apple (1 each, 18g Carbs, 14g Sugar)
- Apple Juice (1 each, 14g Carbs, 13g Sugar)
- Orange Juice (1 each, 12g Carbs, 10g Sugar)
- Skim Milk (1 each, 13g Carbs, 12g Sugar)
- 1% Low-fat Milk (1 each, 13g Carbs, 12g Sugar)

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Breakfast

- **Blueberry Bagel** (1 serving, 48g Carbs, 9g Sugar)
- **Lucky Charms** (1 each, 23g Carbs, 9g Sugar)
- Sliced Whole Grain Cinnamon Toast (1 slice, 13g Carbs, 2g Sugar)
- Low Fat Mozzarella String Cheese (1 each, 1g Carbs, 0g Sugar)
- Hard Boiled Egg (1 each, 0g Carbs, 0g Sugar)
- Fresh Banana (1 each, 23g Carbs, 12g Sugar)
- Fresh Red Delicious Apple (1 each, 18g Carbs, 14g Sugar)
- Apple Juice (1 each, 14g Carbs, 13g Sugar)
- Orange Juice (1 each, 12g Carbs, 10g Sugar)
- Skim Milk (1 each, 13g Carbs, 12g Sugar)
- 1% Low-fat Milk (1 each, 13g Carbs, 12g Sugar)

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Inservice

Menus Subject to Change We try our best to serve our menus as posted; however, sometimes last minute changes occur. Please check with the cafe manager prior to the meal if you have any concerns.

