



*Hill Top Academy  
Breakfast Menu  
September 2024*



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b>  <b>No School Students &amp; Staff Off</b>	<b>3</b> WG Cereal *Bug Bites *Craisins 100% Juice White Milk	<b>4</b> WG Banana Muffin String Cheese *Craisins 100% Juice Milk	<b>5</b> WG Mini Doughnut *Craisins 100% Juice Milk	<b>6</b> Egg & Cheese Breakfast Sandwich *Craisins 100% Juice Milk
<b>9</b> WG Cereal *Bug Bites *Craisins 100% Juice White Milk	<b>10</b> WG Cinnamon Roll *Craisins 100% Juice Milk	<b>11</b> Fruit Granola Bar *Craisins 100% Juice Milk	<b>12</b> WG Mini Doughnut *Craisins 100% Juice Milk	<b>13</b> Egg & Cheese Breakfast Sandwich *Craisins 100% Juice Milk
<b>16</b> WG Cereal *Bug Bites *Craisins 100% Juice White Milk	<b>17</b> *Pillsbury Mini Maple Waffles w/Maple Syrup *Craisins 100% Juice Milk	<b>18</b>  <b>Professional Development Students Off</b>	<b>19</b> WG Mini Doughnuts *Craisins 100% Juice Milk	<b>20</b> Egg & Cheese Breakfast Sandwich *Craisins 100% Juice Milk
<b>23</b> WG Cereal *Bug Bites *Craisins 100% Juice White Milk	<b>24</b> *Pillsbury Mini French Toast w/Maple Syrup *Craisins 100% Juice Milk	<b>25</b> *WG Pop-Tart String Cheese *Craisins 100% Juice Milk	<b>26</b> WG Mini Doughnut *Craisins 100% Juice Milk	<b>27</b> Egg & Cheese Breakfast Sandwich *Craisins 100% Juice Milk
<b>30</b> WG Cereal *Bug Bites *Craisins 100% Juice White Milk				

Menu Subject to Change

**DID YOU KNOW?**



⊗ 13% of children skip breakfast!  
 ☺ The ideal breakfast should be rich in nutrients, low in fat and high in carbs!  
 ☺ \*Rice Krispies is the number one cereal purchased in the United States since 2004.

☺ The first breakfast cereal was created in 1863 in New York by Dr. James Caleb Jackson. The cereal was called Granula.



Baked Oatmeal  
 3 cps. rolled oats  
 3/4 cp. brown sugar  
 2 tsp cinnamon  
 2 tsp baking powder  
 1 tsp salt  
 1 cup milk  
 1/2 cp melted butter  
 1/4 cp maple syrup  
 2 eggs  
 2 tsp vanilla  
 1/4 cp dried cranberries  
 Preheat oven to 350 degrees. Spray an 8X8 baking dish. Mix first 5 ingredients. Add in remaining ingredients. Bake in oven for 40 minutes. Enjoy!