

# September 2024

## Saucon Valley Middle School

Monday

2  
School Closed  
for  
Labor Day

9  
Breakfast Cereal Bar  
100% Orange Juice  
Fresh Sliced Apples

16  
Yogurt W/ Graham  
Crackers  
100% Fruit Juice  
Fresh Sliced Apples

23  
Cinni Minnis  
100 % Orange Juice  
Fresh apple Slices

30  
Cinnamon Toast  
Crunch Cereal Kit  
Strawberry Cup

Tuesday

3  
WG Benefit Bars  
100% Fruit Juice  
Craisins

10  
WG Benefit Bars  
100% Apple Juice  
Craisins

17  
WG Benefit Bars  
100% Fruit Juice  
Diced Peach Cup

24  
WG Benefit Bars  
100% Fruit Juice  
Diced Peach Cup

Wednesday

4  
Breakfast Cereal Bar  
100 % Fruit Juice  
Fresh Sliced Apples

11  
Strawberry Cream  
Cheese Filled Bagel  
100% Orange Juice  
Applesauce

18  
Breakfast Cereal Bar  
100 % Fruit Juice  
Fresh Sliced Apples

25  
Cinnamon Toast  
Crunch Cereal Kit  
Applesauce

Thursday

5  
WG Benefit Bars  
100% Fruit Juice  
Diced Peach Cup

12  
WG Benefit Bars  
100% Fruit Juice  
Craisins

19  
WG Benefit Bars  
100% Fruit Juice  
Diced Peach Cup

26  
WG Benefit Bars  
100% Fruit Punch  
Craisins

Friday

6  
WG Blueberry  
Muffin w/ Yogurt  
100% Fruit Juice  
Fresh Sliced Apples

13  
Lucky Charm Cereal  
100% Fruit Juice  
Fresh Apple Slices

20  
WG Blueberry  
Muffin w/ Yogurt  
100% Fruit Juice  
Fresh Sliced Apples

27  
Cinnamon Toast  
Crunch Cereal Kit  
Fresh Apple Slices

Breakfast meals are  
at no cost

Rise and Shine Breakfast  
Breakfast will not be served  
on 2-hour delays

Assorted 100% Fruit Juice  
Daily (Apple, Orange, Grape,  
Fruit Punch)  
Assorted Fruit (Apples,  
Raisins, Craisins, Cupped  
fruit)

Cereals may consist of WG  
Cheerios  
Cocoa Puffs  
Cinnamon Toast Crunch

Breakfast consists of 4  
components (4 items);  
Grains or proteins, fruits,  
vegetables and milk. Students  
must take 3 out the 4 items  
to make a complete meal and  
1 component must be a fruit  
or vegetable.

Menu Subject to Change  
USDA and this institution is  
an equal opportunity  
provider.

### Did you know?

September in the Northern Hemisphere  
is similar to March in the Southern  
Hemisphere.