

**SEPTEMBER 2025**

**TASTY**

**HEALTHY**

**FUN**

**VARIETY**

**BALANCED**

Name of the menu : Twin Cities International Breakfast Menu

Meal Pattern : NSLP

Grade : K-8 Grades

Meal : Breakfast

	Monday, 9/1/2025	Tuesday, 9/2/2025	Wednesday, 9/3/2025	Thursday, 9/4/2025	Friday, 9/5/2025
Week VI BREAKFAST	<b>French Toast Waffle</b>	<b>Pumpkin Muffin</b>	<b>Sliced Bagel w/ Strawberry Cream Cheese</b>	<b>Honey Breakfast Bun</b>	Fun Friday Hot Breakfast <b>Choco-drizzle Banana Chocolate Chip Bread</b>
	100% 4.23 oz Fruit Juice	100% 4.23 oz Fruit Juice	100% 4.23 oz Fruit Juice	100% 4.23 oz Fruit Juice	100% 4.23 oz Fruit Juice
	Choice Milk & Second Fruit	Choice Milk & Second Fruit	Choice Milk & Second Fruit	Choice Milk & Second Fruit	Choice Milk & Second Fruit
Entrée of the Day is 2 Whole Grain Items Equivalent.					

	Monday, 9/8/2025	Tuesday, 9/9/2025	Wednesday, 9/10/2025	Thursday, 9/11/2025	Friday, 9/12/2025
Week I BREAKFAST	<b>Dunkin Stix</b>	<b>Blueberry Pomegranate Breakfast Bar</b>	<b>Banana Muffin</b>	<b>Apple Breakfast Bites</b>	Fun Friday Hot Breakfast <b>Dutch Waffle</b>
	100% 4.23 oz Fruit Juice	100% 4.23 oz Fruit Juice	100% 4.23 oz Fruit Juice	100% 4.23 oz Fruit Juice	100% 4.23 oz Fruit Juice
	Choice Milk & Second Fruit	Choice Milk & Second Fruit	Choice Milk & Second Fruit	Choice Milk & Second Fruit	Choice Milk & Second Fruit
Entrée of the Day is 2 Whole Grain Items Equivalent.					

	Monday, 9/15/2025	Tuesday, 9/16/2025	Wednesday, 9/17/2025	Thursday, 9/18/2025	Friday, 9/19/2025
Week II BREAKFAST	<b>Blueberry Waffle</b>	<b>Pumpkin Bread Slice</b>	<b>Sliced Bagel w/ Strawberry Cream Cheese</b>	<b>Apple Fritter Bun</b>	Fun Friday Hot Breakfast <b>Choco Donut Bites</b>
	100% 4.23 oz Fruit Juice	100% 4.23 oz Fruit Juice	100% 4.23 oz Fruit Juice	100% 4.23 oz Fruit Juice	100% 4.23 oz Fruit Juice
	Choice Milk & Second Fruit	Choice Milk & Second Fruit	Choice Milk & Second Fruit	Choice Milk & Second Fruit	Choice Milk & Second Fruit
Entrée of the Day is 2 Whole Grain Items Equivalent.					

	Monday, 9/22/2025	Tuesday, 9/23/2025	Wednesday, 9/24/2025	Thursday, 9/25/2025	Friday, 9/26/2025
Week III BREAKFAST	<b>French Toast Breakfast Bar</b>	<b>Apple Muffin</b>	<b>Vanilla Waffle</b>	<b>Cinnamon Swirls</b>	Fun Friday Hot Breakfast <b>Lemonpoppy Breakfast Bread</b>
	100% 4.23 oz Fruit Juice	100% 4.23 oz Fruit Juice	100% 4.23 oz Fruit Juice	100% 4.23 oz Fruit Juice	100% 4.23 oz Fruit Juice
	Choice Milk & Second Fruit	Choice Milk & Second Fruit	Choice Milk & Second Fruit	Choice Milk & Second Fruit	Choice Milk & Second Fruit
Entrée of the Day is 2 Whole Grain Items Equivalent.					

	Monday, 9/29/2025	Tuesday, 9/30/2025
Week IV BREAKFAST	<b>Mini Pancake Puffs</b>	<b>Cranberry Oatmeal Bar</b>
	100% 4.23 oz Fruit Juice	100% 4.23 oz Fruit Juice
	Choice Milk & Second Fruit	Choice Milk & Second Fruit
Entrée of the Day is 2 Whole Grain Items Equivalent.		

\*\*\* Three Items meet USDA requirements (One Item must be fruit).

Skim & 1% milk served daily.

This menu is 100% pork-free.

This menu uses WG products and 100% full-strength juices in all featured places. Check page 2 to know more about what goes into our menus and to take a peek at the upcoming menu plan.



### WHAT GOES INTO OUR MENUS?

All bread /bread products /chips /tortillas /pastas listed in the menu are whole grain products.

All rice dishes /rice products are made of whole grain brown rice.

All juices listed in the menu are 100% full-strength fruit Juice.

(Menu Subject to Change)					OCTOBER 2025				
TASTY		HEALTHY		FUN		VARIETY		BALANCED	
				Wednesday, 10/1/2025		Thursday, 10/2/2025		Friday, 10/3/2025	
Week IV BREAKFAST			<b>Brekkie</b>		<b>Glazed Breakfast Bites</b>		Fun Friday Hot Breakfast		
			100% 4.23 oz Fruit Juice		100% 4.23 oz Fruit Juice		<b>Chocolate Swirl</b>		
			Choice Milk & Second Fruit		Choice Milk & Second Fruit		100% 4.23 oz Fruit Juice Choice Milk & Second Fruit		
Entrée of the Day is 2 Whole Grain Items Equivalent.									
Monday, 10/6/2025		Tuesday, 10/7/2025		Wednesday, 10/8/2025		Thursday, 10/9/2025		Friday, 10/10/2025	
Week V BREAKFAST	<b>Cinnamon Toast Crunch Breakfast Bar</b>		<b>Banana Bread Super Slice</b>		<b>French Toast Loaf</b>		<b>Mini Cinnis</b>		Fun Friday Hot Breakfast
	100% 4.23 oz Fruit Juice		100% 4.23 oz Fruit Juice		100% 4.23 oz Fruit Juice		100% 4.23 oz Fruit Juice		<b>Warm Cinnamon Donut</b>
	Choice Milk & Second Fruit		Choice Milk & Second Fruit		Choice Milk & Second Fruit		Choice Milk & Second Fruit		100% 4.23 oz Fruit Juice Choice Milk & Second Fruit
Entrée of the Day is 2 Whole Grain Items Equivalent.									