Holy Spirit

Breakfast Menu

September 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 This is for Food 4 Thought	**1** Cinnamon Cream Cheese Filled Bagel, WG Cinnamon Chex Graham Crackers Fruit and/or Vegetable Selection Juice Selection 1% Unflavored White Milk	**2** French Toast Bites, WG Graham Crackers Cinnamon Toast Crunch Cereal, WG Graham Crackers Fruit and/or Vegetable Selection Juice Selection	**3** Banana Chocolate Chip Snack Bread,WG Cheese Stick Cocoa Puffs Cereal, WG Graham Crackers Fruit and/or Vegetable Selection Juice Selection	**4** **No School**
7 **Labor Day**	**8** Pancake on a Stick,WG Cinnamon Chex Graham Crackers Fruit and/or Vegetable Selection Juice Selection 1% Unflavored White Milk	**9** Blueberry Muffin, WG Cheese Stick Cinnamon Toast Crunch Cereal, WG Graham Crackers Fruit and/or Vegetable Selection Juice Selection	**10** Apple Frudel, WG Cocoa Puffs Cereal, WG Graham Crackers Fruit and/or Vegetable Selection Juice Selection 1% Unflavored White Milk	**11** Breakfast Banana Split Yogurt Parfait Lucky Charms Cereal Graham Crackers Fruit and/or Vegetable Selection Juice Selection 1% Unflavored White Milk
14 Cocoa Puffs Cereal Bar, WG Cheese Stick Cheerios Graham Crackers Fruit and/or Vegetable Selection Juice Selection 1% Unflavored White Milk	**15** Brekkie, WG Cinnamon Chex Graham Crackers Fruit and/or Vegetable Selection Juice Selection 1% Unflavored White Milk	**16** Strawberry Banana Yogurt Cup Homemade Granola Cinnamon Toast Crunch Cereal, WG Graham Crackers Fruit and/or Vegetable Selection	**17** Cinnamon Roll, WG Cocoa Puffs Cereal, WG Graham Crackers Fruit and/or Vegetable Selection Juice Selection 1% Unflavored White Milk	**18** Sausage& Cheese on a Biscuit Lucky Charms Cereal Graham Crackers Fruit and/or Vegetable Selection Juice Selection 1% Unflavored White Milk
21 Mini-Cinnis, WG Cheerios Graham Crackers Fruit and/or Vegetable Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	**22** Cinnamon Cream Cheese Filled Bagel, WG Cinnamon Chex Graham Crackers Fruit and/or Vegetable Selection Juice Selection 1% Unflavored White Milk	**23** French Toast Bites, WG Cheese Stick Cinnamon Toast Crunch Cereal, WG Graham Crackers Fruit and/or Vegetable Selection Juice Selection 1% Unflavored White Milk	**24** Banana Chocolate Chip Snack Bread,WG Cheese Stick Cocoa Puffs Cereal, WG Graham Crackers Fruit and/or Vegetable Selection Juice Selection 1% Unflavored White Milk	**25** Mini-Cinnis, WG Lucky Charms Cereal Graham Crackers Fruit and/or Vegetable Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk
28 Egg & Cheese on a Biscuit Cheerios Graham Crackers Fruit and/or Vegetable Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	**29** Pancake on a Stick,WG Cinnamon Chex Graham Crackers Fruit and/or Vegetable Selection Juice Selection 1% Unflavored White Milk	**30** Blueberry Muffin, WG Cheese Stick Cinnamon Toast Crunch Cereal, WG Graham Crackers Fruit and/or Vegetable Selection Juice Selection	**1**	

PRICES

Student Breakfast	Free
Extra Milk	$.50
Extra Entree	$1.75

EXTRA INFO

1% White Milk is Included with Breakfast, For Questions or Concerns Contact Michelle michelle.nelson@rcsmn.org

HARVEST OF THE MONTH



Your MENUS plus more Information on our app Taher Food4Life®

FOOD 4 LIFE TAHER

www.taher.com

Menus are subject to change without notice. This institution is an equal opportunity provider.