

SEPTEMBER 2026

Ansonia Middle School

Monday

Tuesday

Wednesday

Thursday

Friday

WG Cereal
100% Fruit Juice
Fresh Fruit Choice
Milk Choice

1

Egg and Cheese Sandwich
Blueberry Lemon Bites
100% Fruit Juice
Fresh Fruit Choice
Milk Choice

2

WG Cereal
100% Fruit Juice
Fresh Fruit Choice
Milk Choice

3

Egg and Cheese Sandwich
Whole Grain Bagel
Low Fat Cream Cheese
100% Fruit Juice
Fresh Fruit Choice
Milk Choice

4

No Class

7

WG Cereal
100% Fruit Juice
Fresh Fruit Choice
Milk Choice

8

Egg and Cheese Sandwich
Mini Bagel w/ Cinnamon
Cream Cheese
100% Fruit Juice
Fresh Fruit Choice
Milk Choice

9

WG Cereal
100% Fruit Juice
Fresh Fruit Choice
Milk Choice

10

Egg and Cheese Sandwich
WG Apple Muffin
100% Fruit Juice
Fresh Fruit Choice
Milk Choice

11

Egg and Cheese Sandwich
Cinnamon Crumb Cake
100% Fruit Juice
Fresh Fruit Choice
Milk Choice

14

WG Cereal
100% Fruit Juice
Fresh Fruit Choice
Milk Choice

15

Egg and Cheese Sandwich
General Mills Cereal Bar
100% Fruit Juice
Fresh Fruit Choice
Milk Choice

16

WG Cereal
100% Fruit Juice
Fresh Fruit Choice
Milk Choice

17

Egg and Cheese Sandwich
Reduced Sugar Fruit Yogurt
WG Granola
100% Fruit Juice
Fresh Fruit Choice
Milk Choice

18

Egg and Cheese Sandwich
Nutrigrain bar
100% Fruit Juice
Fresh Fruit Choice
Milk Choice

21

WG Cereal
100% Fruit Juice
Fresh Fruit Choice
Milk Choice

22

Egg and Cheese Sandwich
Darlington Strawberry Bar
100% Fruit Juice
Fresh Fruit Choice
Milk Choice

23

WG Cereal
100% Fruit Juice
Fresh Fruit Choice
Milk Choice

24

Egg and Cheese Sandwich
Whole Grain Bagel
Low Fat Cream Cheese
100% Fruit Juice
Fresh Fruit Choice
Milk Choice

25

Egg and Cheese Sandwich
Pillsbury Apple Frudel
100% Fruit Juice
Fresh Fruit Choice
Milk Choice

28

WG Cereal
100% Fruit Juice
Fresh Fruit Choice
Milk Choice

29

Egg and Cheese Sandwich
Zee Zee Soft Baked Bar
100% Fruit Juice
Fresh Fruit Choice
Milk Choice

30

DID YOU KNOW? All Students are able to receive a balanced delicious breakfast each school day at NO COST