



Secondary Breakfast Menu

One Breakfast is provided free of cost to our students at all schools.

MONDAY

Students must select at least three of the four offered food items, which includes at least ½ cup of fruit/juice.

Choice of Milk Available:
Low-Fat White, Fat Free White, Fat Free Chocolate

TUESDAY

WEDNESDAY

Everyday Choices

- Hot Breakfast Sandwiches
- Low Sugar Assorted Cereals w/Graham Crackers
- Whole Grain Muffins & Bagels
- Yogurt Cup w/Graham Crackers

THURSDAY

FRIDAY



7 HAPPY LABOR DAY	8 Chocolate Chip Muffin Graham Crackers Fruit Cup 100% Fruit Juice Milk	9 Maple Snackin Waffle Fruit Cup 100% Fruit Juice Milk	10 Strawberry Mini Bagels Fruit Cup 100% Fruit Juice Milk	11 Mini Cinnamon Rolls Fruit Cup 100% Fruit Juice Milk
14 Cinnamon Bun Fruit Cup 100% Fruit Juice Milk	15 Confetti Pancakes Fruit Cup 100% Fruit Juice Milk	16 Chocolate Oatmeal Benefit Bar Fruit Cup 100% Fruit Juice Milk	17 Mini Donuts Fruit Cup 100% Fruit Juice Milk	18 Chocolate Chip Breakfast Round Fruit Cup 100% Fruit Juice Milk
21 Apple Filled Pastry Strudel Fruit Cup 100% Fruit Juice Milk	22 Mini Cinnamon Rolls Fruit Cup 100% Fruit Juice Milk	23 Maple Snackin Waffle Fruit Cup 100% Fruit Juice Milk	24 Oatmeal Banana Benefit Bar Fruit Cup 100% Fruit Juice Milk	25 Assorted Muffins Graham Crackers Fruit Cup 100% Fruit Juice Milk
28 Cinnamon Bun Fruit Cup 100% Fruit Juice Milk	29 Confetti Pancakes Fruit Cup 100% Fruit Juice Milk	30 Blueberry Muffin Graham Crackers Fruit Cup 100% Fruit Juice Milk	All Breakfast meals served meet the Federal nutrition requirements. All entrees are Whole Grain All Cereals are Low Sugar ~ Students may take up to 1 cup of fruit: Fresh, prepared or juice.	

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