



September Menu BREAKFAST



Monday	Tuesday	Wednesday	Thursday	Friday
	Sep 1	Sep 2	Sep 3	Sep 4
	Yogurt & String Cheese		Yogurt & Honey Grahams	Chocolate Chip Sweet Potato Muffin Top
	Cheerios Cereal		Balance Foods Maple Cinnamon Puffs Cereal	Cinnamon Chex Cereal
		Mini Maple Pancakes		
	Fruit: 100% Fruit Juice & Pear	Fruit: Plum & Apple	Fruit: Banana & Pear	Fruit: Apple Slices & Banana
Sep 7	Sep 8	Sep 9	Sep 10	Sep 11
No School	Vanilla Conchita with String Cheese	Blueberry Muffin	Croissant with Jelly	Yogurt & Honey Grahams
		Cheerios Cereal	Cinnamon Chex Cereal	
				Mini Maple Pancakes
	Fruit: 100% Fruit Juice & Pear	Fruit: Pear & Apple	Fruit: Banana & Pear	Fruit: Apple Slices & Banana
Sep 14	Sep 15	Sep 16	Sep 17	Sep 18
Vanilla Concha	Banana Muffin	Bagel & Cream Cheese	Berry & Apple Bar	Strawberry Yogurt Parfait with Cinnamon Granola
	Cinnamon Chex Cereal			Balance Foods Maple Cinnamon Puffs Cereal
French Toast Sticks		Mini Strawberry Pancakes	Waffle	
Fruit: Apple & Nectarine	Fruit: 100% Fruit Juice & Pear	Fruit: Pear & Apple	Fruit: Banana & Pear	Fruit: Apple Slices & Banana
Sep 21	Sep 22	Sep 23	Sep 24	Sep 25
Cinnamon Swirl	Yogurt & String Cheese		Yogurt & Honey Grahams	Chocolate Chip Sweet Potato Muffin Top
	Cheerios Cereal			Cinnamon Chex Cereal
		Mini Maple Pancakes		
Fruit: Apple & Nectarine	Fruit: 100% Fruit Juice & Pear	Fruit: Plum & Apple	Fruit: Banana & Pear	Fruit: Apple Slices & Banana
Sep 28	Sep 29	Sep 30		
Cinnamon Crumble	Vanilla Conchita with String Cheese	Blueberry Muffin		
		Cheerios Cereal		
French Toast Sticks				
Fruit: Apple & Nectarine	Fruit: 100% Fruit Juice & Pear	Fruit: Pear & Apple		

Breakfast Includes:
Choice of 1% or Fat Free Milk
& Fruit of the Day

All Grains Are Wholegrain Rich
Menu is Subject to Change