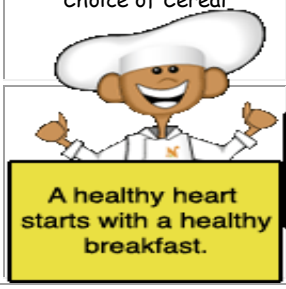
Energize Your Day! Eat School Breakfast

United States Department of Agriculture

FINLEY,PINE AND MIDDLE SCHOOL SEPTEMBER BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
WHOLE GRAIN Good Source	1 Warm Mini Cinis Cereal/ Peaches	2 WG Donitas Choice of Cereal Apple Slices	3 Uncrustables Choice of Cereal Sunshine Banans	4 Breakfast Croisant Warm Mini Cinis Choice of Cereal
7 LABOR DAY No Classes	8 Mini Pancakes with Egg Choice of Cereal Variety of Fruits/Juice	9 WG Chocolate Muffins Choice of Cereal Variety of Fruits/Juice	10 Yogurt and Vanilla Giant Boiled Egg Variety of Fruits/Juice	11 French Toast Sticks and Egg Choice of Cereal Variety of Fruits/Juice
14 Banana Breakfast Bars Choice of Cereal Variety of Fruits/Juice	15 Mini Cinis Choice of Cereal Variety of Fruits/Juice	16 Mini Waffle and Eggs Choice of Cereal Variety of Fruits/Juice.	17 Peanut Butter and Jelly Choice of Cereal Variety of Fruits/Juice	18 Papas con chorizo and Beans Choice of Cereal Variety of Fruits/Juice
21 Chicken and Waffles Choice of Cereal Variety of Fruits/Juice	22 Breakfast Muffins WG Graham Crackers Choice of Cereal Variety of Fruits/Juice	23 Conchita' D Stella Organic Bakery Choice of Cereal Variety of Fruits/Juice	24 Yogurt and Granola Bar Cinnamon Crisps Variety of Fruits/Juice	25 Grilled Breakfast Sandwich Choice of Cereal/Crackers Variety of Fruits/Juice
28 Mini Pancake Bites with Turkey Sausage	29 Breakfast Banana Bar Choice of Cereal	30 Carrot Muffins D' Stella Organic Bakery Choice of Cereal Variety of Fruits/Juice	1 Peanut Butter and Jelly Choice of Cereal Variety of Fruits/Juice	2 Mini Waffle and Eggs Choice of Cereal Variety of Fruits/Juice
All of our Breakfast items are WG Rich "This institution is an equal opportunity provider"		Make sure your child's breakfast includes 3 of the food groups. Steps to Success	Be sure your family fuels up with a healthy breakfast everyday.	Milk and Variety of fruit and is offered daily " Menu Subject to Change due to product availability"

Breakfast is free for all students every day

WHOLE GRAINS COUNCIL AN OLDWAYS PROGRAM

September is Whole Grains Month

- Look for the whole grain stamp on the front of packaged food items.
- Try a new breakfast cereal with at least 16 grams of whole grain per serving.
- Serve whole wheat pasta instead of white pasta
- Serve brown rice instead of white rice.
- Swap potatoes for a whole grain side – quinoa, bulgur, or wheat berries.

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Give your child a healthy start!

Mornings can be rushed, but it is important to make time for breakfast.

Children can benefit from the School Breakfast Program! Studies show that school breakfast can improve test scores, make kids more alert in class, and improve classroom behavior. Make sure your kids start the school day with a healthy meal. Come and join us for a nutritious breakfast every day.