September 2026 - Swanson Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1 **First Day of School** **Cereal Choice** Fresh Fruit Choice 100% Juice Box 1% or Skim White Milk	2 **Cereal Choice** Fresh Fruit Choice 100% Juice Box 1% or Skim White Milk	3 **Fruit & Yogurt Parfait w/ Eggo Grahams** Fresh Fruit Choice 100% Juice Box 1% or Skim White Milk	4 **Long John Donut w/ Icing & Sprinkles** Fresh Fruit Choice 100% Juice Box 1% or Skim White Milk
7 **NO SCHOOL** **Labor Day**	8 **Cinnamon Toast Crunch** Fresh Fruit Choice 100% Juice Box 1% or Skim White Milk	9 **Frosted Mini Wheats** Fresh Fruit Choice 100% Juice Box 1% or Skim White Milk	10 **Fruit & Yogurt Parfait w/ Eggo Grahams** Fresh Fruit Choice 100% Juice Box 1% or Skim White Milk	11 **Chocolate Chip Muffin** Fresh Fruit Choice 100% Juice Box 1% or Skim White Milk
14 **Blueberry Chex** Fresh Fruit Choice 100% Juice Box 1% or Skim White Milk	15 **Lucky Charms** Fresh Fruit Choice 100% Juice Box 1% or Skim White Milk	16 **Cinnamon Chex** Fresh Fruit Choice 100% Juice Box 1% or Skim White Milk	17 **Yogurt Cup w/ Eggo Grahams** Fresh Fruit Choice 100% Juice Box 1% or Skim White Milk	18 **Glazed Breakfast Bun** Fresh Fruit Choice 100% Juice Box 1% or Skim White Milk
21 **Cocoa Puffs** Fresh Fruit Choice 100% Juice Box 1% or Skim White Milk	22 **Kix Cereal** Fresh Fruit Choice 100% Juice Box 1% or Skim White Milk	23 **Cinnamon Toast Crunch** Fresh Fruit Choice 100% Juice Box 1% or Skim White Milk	24 **Yogurt Cup w/ Eggo Grahams** Fresh Fruit Choice 100% Juice Box 1% or Skim White Milk	25 **Banana Bread Slice** Fresh Fruit Choice 100% Juice Box 1% or Skim White Milk
28 **Frosted Mini Wheats** Fresh Fruit Choice 100% Juice Box 1% or Skim White Milk	29 **Blueberry Chex** Fresh Fruit Choice 100% Juice Box 1% or Skim White Milk	30 **Lucky Charms** Fresh Fruit Choice 100% Juice Box 1% or Skim White Milk	Oct. 1 **Yogurt Cup w/ Eggo Grahams** Fresh Fruit Choice 100% Juice Box 1% or Skim White Milk	Oct. 2 **NO SCHOOL** **Teacher Professional Development**

Child Nutrition Programs are available to all without regards to race, color, national origin, sex (including gender identity and sexual orientation), age, or disability.