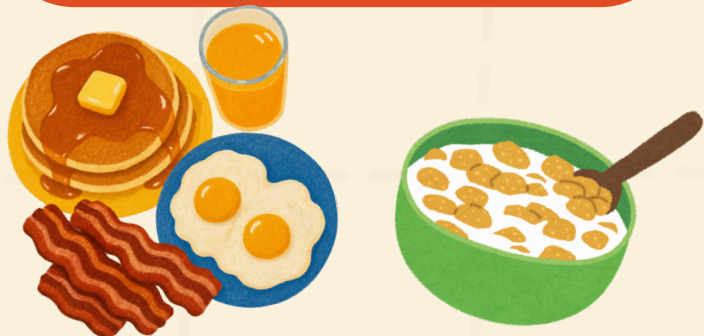


BREAKFAST K-12

September 2026

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1 WG WAFFLES (1 OZ.)
SCRAMBLE EGGS (1 OZ.)
PEAR HALVES (1 CUP)
1% WHITE MILK OR ASSORTED FLAVORED
FAT FREE MILK (8 OZ.)
ALT: VEGGIE SAUSAGE (1 OZ.)
CONDIMENT: PC SYRUP (1.5 OZ.)

2 WG HONEY NUT CHEERIOS (1 OZ.)
WG CORN BREAD (1 OZ.)
PINEAPPLE CHUNKS (1 CUP)
1% WHITE MILK OR ASSORTED
FLAVORED FAT FREE MILK (8 OZ.)

3 WG CROISSANTS (1.5 OZ.)
TUNA SALAD (1 OZ.)
MANDARIN ORANGE (1/2 CUP)
1% WHITE MILK OR ASSORTED
FLAVORED FAT FREE MILK (8 OZ.)
ALT: SLICED CHEESE (1 OZ.)

4 GRILLED CHEESE SANDWICH
SLICE CHEESE (1 OZ.)
WG SLICE BREAD (2 SLICES)
SLICE PEACHES (1 CUP)
1% WHITE MILK OR ASSORTED
FLAVORED FAT FREE MILK (8 OZ.)

8 WG HOT OATMEAL (1 CUP)
MANDARIN ORANGE (1 CUP)
1% WHITE MILK OR ASSORTED
FLAVORED FAT FREE MILK (8 OZ.)

9 **GRILLED CHEESE SANDWICH**
SLICE CHEESE (1 OZ.)
WG SLICE BREAD (2 SLICES)
100% GRAPE JUICE (1/2 CUP)
PEAR HALVES (1/2 CUP)
1% WHITE MILK OR ASSORTED FLAVORED
FAT FREE MILK (8 OZ.)

10 SCRAMBLE (1 OZ. EGGS/ 0.5 CHEESE)
WG CROISSANTS (1.5 OZ.)
FRUIT COCKTAIL (1 CUP)
1% WHITE MILK OR ASSORTED FLAVORED
FAT FREE MILK (8 OZ.)
ALT: SCRAMBLE TOFU (2.2 OZ.)

11 WG FROSTED FLAKES (1 OZ.)
WG CORN BREAD (1 OZ.)
100% FRUIT JUICE (1/2 CUP)
CINNAMON APPLESAUCE (1/2 CUP)
1% WHITE MILK OR ASSORTED FLAVORED
FAT FREE MILK (8 OZ.)

7  HOLIDAY

14 PEANUT BUTTER/JELLY (1 OZ.)
WG SLICE BREAD (2 SLICES)
MANDARIN ORANGE (1 CUP)
1% WHITE MILK OR ASSORTED
FLAVORED FAT FREE MILK

15 **GRILLED CHEESE SANDWICH**
SLICE CHEESE (1 OZ.)
WG SLICE BREAD (2 SLICES)
100% APPLE JUICE (1/2 CUP)
CINNAMON APPLESAUCE (1/2 CUP)
1% WHITE MILK OR ASSORTED FLAVORED
FAT FREE MILK (8 OZ.)

16 SCRAMBLE EGGS (1 OZ.)
WG WAFFLES (1 OZ.)
TROPICAL FRUITS (1 CUP)
1% WHITE MILK OR ASSORTED FLAVORED
FAT FREE MILK (8 OZ.)
ALT: SCRAMBLED TOFU (2.2 OZ.)
CONDIMENT: PC SYRUP (1.5 OZ.)

17 WG FARINA (1 CUP)
FRUIT MIXED (1/2 CU)
100% FRUIT JUICE (1/2 CUP)
1% WHITE MILK OR ASSORTED
FLAVORED FAT FREE MILK (8 OZ.)

18 WG COCO PUFFS (1 OZ.)
WG BLUEBERRY MINI LOAF (1 OZ.)
PEAR HALVES (1 CUP)
1 % WHITE MILK OR ASSORTED
FLAVORED FAT FREE MILK (8 OZ.)

21 WG WAFFLES (1 OZ.)
TURKEY SAUSAGE (1 OZ.)
100% FRUIT JUICE (1/2 CUP)
PEAR HALVES (1/2 CUP)
1% WHITE MILK OR ASSORTED FLAVORED
FAT FREE MILK (8 OZ.)
ALT: VEGGIE SAUSAGE (1 OZ.)

22 WG HOT OATMEAL (1 Cup)
WG BLUEBERRY MINI-LOAD (1 OZ.)
MANDARIN ORANGE
1% WHITE OR ASSORTED FLAVORED FAT
FREE MILK (8 OZ.)

23 SCRAMBLE EGGS (1 OZ.)
WG SLICED BREAD (1 SLICE)
WG HASH BROWN (1 OZ.)
MANDARIN ORANGE (1 CUP)
1% WHITE MILK OR ASSORTED FLAVORED
FAT FREE MILK (8 OZ.)
ALT: SCRAMBLE TOFU (8 OZ.)

24 WG APPLE JACKS (1 OZ.)
WG CORN BREAD (1 OZ.)
FRESH GRAPE (1/2 CUP)
FRUIT COCKTAIL (1/2 CUP)
1% WHITE MILK OR ASSORTED
FLAVORED FAT FREE MILK (8 OZ.)

25 SCRAMBLE EGGS(1 OZ.)
WG SLICED BREAD (1 SLICE)
SLICE PEACHES (1 CUP)
1% WHITE MILK OR ASSORTED
FLAVORED FAT FREE MILK (8 OZ.)
ALT: SLICED CHEESE (1 OZ.)

28 **GRILLED CHEESE SANDWICH**
SLICE CHEESE (1 OZ.)
WG SLICE BREAD (2 SLICES)
PINEAPPLE CHUNKS (1CUP)
1% WHITE MILK OR ASSORTED
FLAVORED FAT FREE MILK (8 OZ.)

29 WG HONEY NUT CHEERIOS (1 OZ.)
WG BANANA MUFFIN (1 OZ.)
MANDARIN ORANGE (1 CUP)
1% WHITE MILK OR ASSORTED
FLAVORED FAT FREE MILK (8 OZ.)

30 WG CROISSANTS (1.5 OZ.)
TURLEY SAUSAGE (1 OZ.)
TROPICAL FRUITS (1 CUP)
1% WHITE MILK OR ASSORTED
FLAVORED FAT FREE MILK (8 OZ.)

