



SEPTEMBER 2022



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Strawberry Toaster Pastry ¹
Assorted Cerals
Assorted Fruit Juices Fresh
Fruit Bowl
Low Fat Milk Chocolate Milk

French Toast Sticks Assorted
Cerals Assorted Fruit Juices
Fresh Fruit
Chocolate Milk Low Fat Milk

No School ⁵

LABOR DAY

Assorted Cerals ⁶
Fresh Fruit Bowl Assorted
Fruit Juices Chocolate Milk
Low Fat Milk

Mini Cinnis Assorted Cerals ⁷
Fresh Fruit Bowl
Assorted Fruit Juices
Chocolate Milk Low Fat Milk

Sausage and Biscuit Assorted ⁸
Cerals
Fresh Fruit Bowl Assorted
Fruit Juices Chocolate Milk
Fat Free Milk

Breakfast Bread Assorted ⁹
Cerals Assorted Fruit Juices
Fresh Fruits
Chocolate Milk Fat Free Milk

Sausage & Pancake on a ¹²
Stick Assorted Cerals
Assorted Fruit Juices Fresh
Fruit Bowl Chocolate Milk
Low Fat Milk

French Toast Sticks Assorted ¹³
Cerals Fresh Fruit Bowl
Assorted Fruit Juices
Chocolate Milk
Low Fat Milk

Breakfast Bread Assorted ¹⁴
Cerals Assorted Fruit Juices
Fresh Fruits
Chocolate Milk Fat Free Milk

Strawberry Toaster Pastry ¹⁵
Cereal Assorted Fruit Juices
Fresh Fruit Bowl
Low Fat Milk Chocolate Milk

Pancakes/Syrup, Assorted ¹⁶
Cerals, Assorted Fruit Juices
Fresh Fruits
Chocolate Milk Fat Free Milk

Sausage and Biscuit Assorted ¹⁹
Cerals Fresh Fruit Bowl
Assorted Fruit Juices
Chocolate Milk Fat Free Milk

Waffles/Syrup Assorted ²⁰
Cerals
Fresh Fruit Bowl Assorted
Fruit Juices Chocolate Milk
Low Fat Milk

Mini Cinnis Assorted Cerals ²¹
Fresh Fruit Bowl
Assorted Fruit Juices
Chocolate Milk Low Fat Milk

French Toast Sticks Assorted ²²
Cerals
Assorted Fruit Juices
Fresh Fruit
Chocolate Milk Low Fat Milk

Muffins, Assorted Cerals, ²³
Fresh Fruits, Assorted Fruit
Juice, Chocolate Milk Low Fat
Milk

Pancakes/Syrup Assorted ²⁶
Cerals Fresh Fruit Bowl
Assorted Fruit Juices
Chocolate Milk
Low Fat Milk

Breakfast Bread Assorted ²⁷
Cerals Assorted Fruit Juices
Fresh Fruits
Chocolate Milk Fat Free Milk

Muffins, Assorted Cerals, ²⁸
Fresh Fruits, Assorted Fruit
Juice, Chocolate Milk Low Fat
Milk

Sausage & Pancake on a ²⁹
Stick Assorted Cerals
Assorted Fruit Juices Fresh
Fruit Bowl Chocolate Milk

Waffles/Syrup Assorted ³⁰
Cerals
Fresh Fruit Bowl Assorted
Fruit Juices Chocolate Milk
Low Fat Milk