

# SEPTEMBER | 2023

## Breakfast



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28	29	30	31	1
4 No School Labor Day	5 Cereal Cinnamon Toast Fruit Milk	6 <u>Pancake** w/ syrup</u> Bacon Fruit Milk	7 <u>Strawberry Bread**</u> Yogurt Fruit Milk	8 <u>Blueberry Muffin**</u> Juice Fruit Milk
11 <u>Granola Bar</u> Fruit Parfait Fruit Milk	12 <u>Blueberry Coffee Cake</u> Fruit Milk	13 <u>Banana Muffin</u> Yogurt Fruit Milk	14 <u>Scrambled Eggs</u> Bacon Toast Fruit Milk	15 <u>Chocolate Muffin**</u> String Cheese Fruit Milk
18 <u>Pumpkin Chocolate Chip Muffin**</u> Fruit Milk	19 <u>Breakfast Quesadilla**</u> Fruit Milk	20 <u>Biscuit &amp; Sausage Gravy**</u> Fruit Milk	21 <u>Strawberry Oatmeal Bar</u> Fruit Milk	22 <u>Cinnamon Roll**</u> Fruit Milk
25 <u>Chocolate chip bread**</u> Juice Fruit Milk	26 <u>Applesauce Muffin**</u> String cheese Fruit Milk	27 <u>Scrambled Eggs Sausage Patty**</u> Toast Fruit Milk	28 Cereal Strawberry Yogurt Fruit Milk	29 <u>Ham Frittata</u> Toast Fruit Milk

### News

Breakfast after the bell: breakfast is offered for students until 20 minutes after the start of school.

Items underlined are made from scratch

Items with \*\* are made with local foods

EATING BREAKFAST  
HELPS THE BRAIN  
GET READY TO  
LEARN

