



# Breakfast September 2017



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 <b>No School</b>	2 Menus subject to change.
3 Fat Free Milk (Unflavored/ Flavored) & 1% offered daily.	4 <b>No School</b>  <b>LABOR DAY</b>	5 Fuel for You Meal Kit Raisins Milk	6 French Toast Sticks Pears Graham Crack- ers Milk	7 Egg & Cheese Muffin Pineapple OJ Milk	8 Fuel for You Meal Kit Applesauce Cup Milk	9
10 <i>Salad Bar could include 1 cup spinach/ romaine and other lettuce; 2 meat/ equivalent meat, cheese or eggs; 1/2 cup tomatoes, peppers, carrots, broccoli, cauliflower, celery and/ or peas, 1 cup fruit; slice bread.</i>	11 Oatmeal Yogurt Cup Peaches Milk	12 Breakfast Burrito Muffin Pears Milk	13 Fuel for You Meal Kit Mandarin Oranges Milk	14 Pancakes String Cheese OJ Fruit Mix Milk	15 Omelet Toast Pineapple Milk	16
17	18 Fuel for You Meal Kit Pears Milk	19 Breakfast Bagels Fruit Mix OJ Milk	20 Fruit & Yogurt Parfait Muffins Peaches Milk	21 Fuel for You Meal Kit Mandarin Oranges Milk	22 Oatmeal Muffins Applesauce Milk	23
24	25 Breakfast On a Stick Oatmeal Bar Fruit Mix Milk	26 Scrambled Eggs Toast Peaches Milk	27 Fuel for You Meal Kit Applesauce Milk	28 Oatmeal Yogurt Cup Apple Slices Milk	29 Breakfast Pizza Muffins Pears Milk	30