

September 2024 Breakfast K - 12 Menu



Fun Fact!

Snap Beans

- Snap beans can be green, yellow, purple, speckled, and more
- Green beans have a high level of vitamin K.
- After tomatoes and peppers, green beans are the third most common home-garden vegetable

Breakfast Choices

Hot or Cold Entrée Choices Available Daily

i.e.: Pancakes, Breakfast Sandwich, Cereal & Toast, or Cereal Bar & Toast.

Must Choose 1:

Fruit or Juice

(may choose up to 2 servings of fruits)

May Choose: 1 Milk:

Low Fat White, Fat Free Chocolate, Fat Free Strawberry or Fat Free Skim

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Happy LABOR DAY</p>	<p>3 Apple Cinnamon French Toast Cold Cereal Variety Breakfast Bar Assortment Buttered Toast <u>or</u> Cinnamon Toast Graham Crackers</p>	<p>4 Chicken Waffle Sandwich Cold Cereal Variety Breakfast Bar Assortment Buttered Toast <u>or</u> Cinnamon Toast Graham Crackers</p>	<p>5 Eggo Chocolate Chip Mini Bites French Toast Cold Cereal Variety Breakfast Bar Assortment Buttered Toast <u>or</u> Cinnamon Toast Graham Crackers</p>	<p>6 Cheese Omelet Wrap Cheese Omelet Bacon Wrap Cold Cereal Variety Breakfast Bar Assortment Buttered Toast <u>or</u> Cinnamon Toast Graham Crackers</p>
<p>9 Country Sausage Gravy Breakfast Pizza Cold Cereal Variety Breakfast Bar Assortment Buttered Toast <u>or</u> Cinnamon Toast Graham Crackers</p>	<p>10 Egg & Cheese Breaded Hash Brown Cold Cereal Variety Breakfast Bar Assortment Buttered Toast <u>or</u> Cinnamon Toast Graham Crackers</p>	<p>11 Eggo Cinnamon Waffle Mini Bites Cold Cereal Variety Breakfast Bar Assortment Buttered Toast <u>or</u> Cinnamon Toast Graham Crackers</p>	<p>12 Egg & Cheese Croissant Cold Cereal Variety Breakfast Bar Assortment Buttered Toast <u>or</u> Cinnamon Toast Graham Crackers</p>	<p>13_ Maple Sausage Pancake Wrap on a Stick Cold Cereal Variety Breakfast Bar Assortment Buttered Toast <u>or</u> Cinnamon Toast Graham Crackers</p>
<p>16 Chicken Biscuit Cold Cereal Variety Breakfast Bar Assortment Buttered Toast <u>or</u> Cinnamon Toast Graham Crackers</p>	<p>17 Fresh Baked Cinnamon Swirl Roll Cold Cereal Variety Breakfast Bar Assortment Buttered Toast <u>or</u> Cinnamon Toast Graham Crackers</p>	<p>18 Egg, Ham & Cheese Croissant Cold Cereal Variety Breakfast Bar Assortment Buttered Toast <u>or</u> Cinnamon Toast Graham Crackers</p>	<p>19 Sausage Waffle Sandwich Cold Cereal Variety Breakfast Bar Assortment Buttered Toast <u>or</u> Cinnamon Toast Graham Crackers</p>	<p>20 Blueberry Pancake Mini Bites Cold Cereal Variety Breakfast Bar Assortment Buttered Toast <u>or</u> Cinnamon Toast Graham Crackers</p>
<p>23</p> <p>No School Teacher Work Day</p>	<p>24 Apple Cinnamon French Toast Cold Cereal Variety Breakfast Bar Assortment Buttered Toast <u>or</u> Cinnamon Toast Graham Crackers</p>	<p>25 Chicken Waffle Sandwich Cold Cereal Variety Breakfast Bar Assortment Buttered Toast <u>or</u> Cinnamon Toast Graham Crackers</p>	<p>26 Eggo Chocolate Chip Mini Bites French Toast Cold Cereal Variety Breakfast Bar Assortment Buttered Toast <u>or</u> Cinnamon Toast Graham Crackers</p>	<p>27 Cheese Omelet Wrap Cheese Omelet Bacon Wrap Cold Cereal Variety Breakfast Bar Assortment Buttered Toast <u>or</u> Cinnamon Toast Graham Crackers</p>
<p>30 Country Sausage Gravy Breakfast Pizza Cold Cereal Variety Breakfast Bar Assortment Buttered Toast <u>or</u> Cinnamon Toast Graham Crackers</p>			<p>PAY FOR SCHOOL MEALS ONLINE</p>	<p>Menus are subject to change!</p> <p>We do our best to provide our customers with all of our planned options, however occasionally weather, crops, and supplies have other ideas!</p>

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