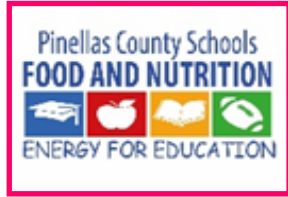


# September 2024 Pre-K in class Breakfast Menu



## Fun Fact!

### Breakfast

- the most popular breakfast food is eggs
- in the early days Americans would eat porridge, cornbread, muffins and biscuits for breakfast
- the first ever cold cereal was invented in 1863 and was called Granula

### Cold Cereal Variety

May contain no more than 6 grams of sugar

- Cheerios Oats
- Cinnamon Chex
- Cinnamon Toast Crunch
- Marshmallow Matey's

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p><b>Happy LABOR DAY</b></p>	<p>3</p> <p><b>Cold Cereal Variety (WG)</b> Sun Sweet Dried Fruit Unflavored 1% Low-Fat or Fat-Free Skim Milk</p>	<p>4</p> <p><b>Chicken Waffle Sandwich (WG)</b> Seasonal Fresh Fruit Unflavored 1% Low-Fat or Fat-Free Skim Milk</p>	<p>5</p> <p><b>Cold Cereal Variety (WG)</b> Orchard Cupped Fruit Unflavored 1% Low-Fat or Fat-Free Skim Milk</p>	<p>6</p> <p><b>Cheese Omelet Wrap (WG)</b> Seasonal Fresh Fruit Unflavored 1% Low-Fat or Fat-Free Skim Milk</p>
<p>9</p> <p><b>Country Sausage Gravy Breakfast Pizza (WG)</b> Seasonal Fresh Fruit Unflavored 1% Low-Fat or Fat-Free Skim Milk</p>	<p>10</p> <p><b>Cold Cereal Variety (WG)</b> Sun Sweet Dried Fruit Unflavored 1% Low-Fat or Fat-Free Skim Milk</p>	<p>11</p> <p><b>Eggo Cinnamon Waffle Mini Bites (WG)</b> Seasonal Fresh Fruit Unflavored 1% Low-Fat or Fat-Free Skim Milk</p>	<p>12</p> <p><b>Cold Cereal Variety (WG)</b> Orchard Cupped Fruit Unflavored 1% Low-Fat or Fat-Free Skim Milk</p>	<p>13</p> <p><b>Maple Sausage Pancake Wrap on a Stick (WG)</b> Seasonal Fresh Fruit Unflavored 1% Low-Fat or Fat-Free Skim Milk</p>
<p>16</p> <p><b>Chicken Biscuit (WG)</b> Seasonal Fresh Fruit Unflavored 1% Low-Fat or Fat-Free Skim Milk</p>	<p>17</p> <p><b>Cold Cereal Variety (WG)</b> Sun Sweet Dried Fruit Unflavored 1% Low-Fat or Fat-Free Skim Milk</p>	<p>18</p> <p><b>Egg, Ham &amp; Cheese Croissant (WG)</b> Seasonal Fresh Fruit Unflavored 1% Low-Fat or Fat-Free Skim Milk</p>	<p>19</p> <p><b>Cold Cereal Variety (WG)</b> Orchard Cupped Fruit Unflavored 1% Low-Fat or Fat-Free Skim Milk</p>	<p>20</p> <p><b>Blueberry Pancake Mini Bites (WG)</b> Seasonal Fresh Fruit Unflavored 1% Low-Fat or Fat-Free Skim Milk</p>
<p>23</p> <p><b>No School Teacher Work Day</b></p>	<p>24</p> <p><b>Cold Cereal Variety (WG)</b> Sun Sweet Dried Fruit Unflavored 1% Low-Fat or Fat-Free Skim Milk</p>	<p>25</p> <p><b>Chicken Waffle Sandwich (WG)</b> Seasonal Fresh Fruit Unflavored 1% Low-Fat or Fat-Free Skim Milk</p>	<p>26</p> <p><b>Cold Cereal Variety (WG)</b> Orchard Cupped Fruit Unflavored 1% Low-Fat or Fat-Free Skim Milk</p>	<p>27</p> <p><b>Cheese Omelet Wrap (WG)</b> Seasonal Fresh Fruit Unflavored 1% Low-Fat or Fat-Free Skim Milk</p>
<p>30</p> <p><b>Country Sausage Gravy Breakfast Pizza (WG)</b> Seasonal Fresh Fruit Unflavored 1% Low-Fat or Fat-Free Skim Milk</p>	<p>Free &amp; Reduced Meal Benefits Convenient, Secure, &amp; Confidential</p>	<p><b>HARVEST MONTH</b> of the Florida Kid</p>	<p><b>PAY FOR SCHOOL MEALS ONLINE</b></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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