

September 2019

Type Your School Name Here

BREAKFAST



School Information: All grain foods are 50% whole grain to meet USDA regulations. USDA is an equal opportunity provider and employer.



Nutrition Tip: September is Whole Grains Month! MILK & JUICE with every meal!

5th -12th: Smoothie or Parfait.

*G-N-G: If different from regular breakfast



Monday

NO SCHOOL!

2

LABOR DAY!

Tuesday

Morning sausage roll

3

Mixed fruit

Breakfast tornado

Fresh fruit

Wednesday

Breakfast pizza

4

Banana

Thursday

Egg & ches. Croissant

5

Diced pears

Ham, egg, & che. croissant

Fresh fruit

Friday

Pancake sausage

6

Stick / Syrup

Diced peaches

Fresh fruit

Sausage & biscuit

9

Sausage, egg, & cheese

Biscuit

Raisins

Dutch waffle

10

Diced peaches

Fresh fruit

Super bun

11

Diced pears

Fresh fruit

Ultra chocolate loaf

12

Fresh fruit

Mini powdered donuts

13

Fresh fruit

Mini chocolate donuts

16

Raisins

Eggs, toast, sausage

17

Applesauce

Breakfast pizza

Fresh fruit

French toast/ syrup

18

Breakfast burrito

Fresh fruit

Waffles

19

Diced pears

Pancake sausage stick

Fresh fruit

Biscuit & gravy

20

Sausage, egg, & ch. Biscuit

Fresh fruit

Chocolate chip muffin

23

Raisins

Texas toast, egg, sausage

24

Applesauce

Breakfast tornados

Fresh fruit

Confetti pancakes / syrup

25

Diced peaches

Fresh fruit

French toast bites /syrup

26

Fresh fruit

Chicken biscuit sliders

27

Fresh fruit

Oatmeal / sugar toast

30

Mini donuts

Raisins

