

September 2017 Elementary School Breakfast

Breakfast Meal Pattern

Choice of Grain/Meat, Fruit, Milk

Offered Daily

Milk : 1%-14 or Fat Free Chocolate-20

Juice-14

Applesauce-14 & Pineapple Cup-14

Cereal Choices:
 Frosted Flakes-24,
 Golden Grahams-24,
 Cheerios-20,
 Cinnamon Toast Crunch-22,
 Cocoa Puffs-25,
 Apple Jacks-24



five two one almost none

This institution is an equal opportunity provider.
 Menu subject to change.

				Friday, September 1
Numbers listed to the right of each item are carbohydrates in grams. *Notes items that are whole grain or contain whole grain.				Biscuit-22 with Gravy-10 *Super Donut—40
Monday, September 4	Tuesday, September 5	Wednesday, September 6	Thursday, September 7	Friday, September 8
HOLIDAY	Sausage Biscuit-22 Gravy-10 Oatmeal-Chocolate Chip Bar-46 Breakfast Pizza-24 Strawberry Yogurt-16 with Graham Crackers-17	Chicken Biscuit-29 Gravy-10 French Toast-29 with syrup-15 Strawberry Poptart-37 Fresh Apple-19	Sausage Biscuit-22 Gravy-10 *Cinni Minis-40 Vanilla Yogurt-16 with Graham Crackers-17	Biscuit-22 with Gravy-10 * Funnel Waffle— 35 with syrup-15
Monday, September 11	Tuesday, September 12	Wednesday, September 13	Thursday, September 14	Friday, September 15
Sausage Biscuit-22 Gravy-10 *Cinni Minis-40 Vanilla Yogurt-16 with Graham Crackers-17	Chicken Biscuit-29 Gravy-10 Breakfast Pizza-24 Pancakes— with syrup-15	Sausage Biscuit-22 Gravy-10 Oatmeal-Chocolate Chip Bar-46 Breakfast Pizza-24 Strawberry Yogurt-16 with Graham Crackers-17	Chicken Biscuit-29 Gravy-10 French Toast-29 with syrup-15 Strawberry Poptart-37 Fresh Apple-19	Biscuit-22 with Gravy-10 *Super Donut—40
Monday, September 18	Tuesday, September 19	Wednesday, September 20	Thursday, September 21	Friday, September 22
Chicken Biscuit-29 Gravy-10 French Toast-29 with syrup-15 Strawberry Poptart-37 Fresh Apple-19	Sausage Biscuit-22 Gravy-10 *Cinni Minis-40 Vanilla Yogurt-16 with Graham Crackers-17	Chicken Biscuit-29 Gravy-10 Breakfast Pizza-24 Pancakes— with syrup-15	Sausage Biscuit-22 Gravy-10 Oatmeal-Chocolate Chip Bar-46 Breakfast Pizza-24 Strawberry Yogurt-16 with Graham Crackers-17	Biscuit-22 with Gravy-10 * Funnel Waffle— 35 with syrup-15
Monday, September 25	Tuesday, September 26	Wednesday, September 27	Thursday, September 28	Friday, September 29
Sausage Biscuit-22 Gravy-10 Oatmeal-Chocolate Chip Bar-46 Breakfast Pizza-24 Strawberry Yogurt-16 with Graham Crackers-17	Chicken Biscuit-29 Gravy-10 French Toast-29 with syrup-15 Strawberry Poptart-37 Fresh Apple-19	Sausage Biscuit-22 Gravy-10 *Cinni Minis-40 Vanilla Yogurt-16 with Graham Crackers-17	Chicken Biscuit-29 Gravy-10 Breakfast Pizza-24 Pancakes— with syrup-15	Biscuit-22 with Gravy-10 *Super Donut—40