



# SEPTEMBER 2022 BREAKFAST MENU

**CEREAL W/ POPTART &  
FRUIT AVAILABLE EVERY  
DAY**

**OTHER ITEMS AVAILABLE  
EVERY DAY**

**Yogurt  
Extra Fruit  
Milk**

**\*100% fruit juice offered  
some days**

*Monthly Health Tip*

**Vary your veggies!**

Fall vegetables like Brussel sprouts, parsnips, and carrots add color and variety to meals.

*\*All meals are reimbursable.*

*\*All student meals are free as we participate in a program called CEP (Community Eligibility Provision).*

Monday	Tuesday	Wednesday	Thursday	Friday
			1 FRUIT TURNOVER W/ FRUIT	2
5 HOLIDAY NO SCHOOL	6 BAGEL W/ FRUIT	7 BREAKFAST BURRITO W/ FRUIT	8 FRENCH TOAST STICKS W/ FRUIT	9 BAGEL W/ FRUIT
12 BREAKFAST SANDWICH W/ FRUIT	13 SWEET BREAD W/ FRUIT	14 BREAKFAST BURRITO W/ FRUIT	15 FRENCH TOAST STICKS W/ FRUIT	16 SWEET BREAD W/ FRUIT
19 BREAKFAST SANDWICH W/ FRUIT	20 MUFFINS W/ FRUIT	21 BREAKFAST BURRITO W/ FRUIT	22 MUFFINS W/ FRUIT	23
26 BREAKFAST SANDWICH W/ FRUIT	27 SCONE W/ FRUIT	28 BREAKFAST BURRITO W/ FRUIT	29 FRUIT TURNOVER W/ FRUIT	30

**MENU SUBJECT TO CHANGE**