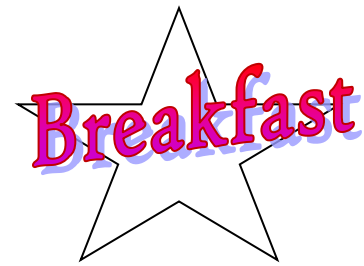




GRADES 6-12 BREAKFAST MENU August 2019



MONDAY	TUESDAY	Lean & Green Wednesday	THURSDAY	FRIDAY										
			<u>8/22 Choose One</u> Apple (36g) or Cherry (37g) Frudel Assorted Bagel (29-35g)/Cream Cheese (2g) or Peanut Butter (6g)	<u>8/23 Choose One</u> Egg & Cheese Calzone (42g) Assorted Bagel (29-35g)/Cream Cheese (2g) or Peanut Butter (6g)										
<u>8/26 Choose One</u> Cinnabar (45g) Assorted Bagel (29-35g)/Cream Cheese (2g) or Peanut Butter (6g)	<u>8/27 Choose One</u> Egg & Cheese Croissant (30g) Assorted Bagel (29-35g)/Cream Cheese (2g) or Peanut Butter (6g)	<u>8/28 Choose One</u> Yogurt Parfait (63-78g) Cinnamon Toast Crunch Cheese Filled Bar (40g)	<u>8/29 Choose One</u> Turkey Sausage & Cheese on Biscuit (29g) Assorted Bagel (29-35g)/Cream Cheese (2g) or Peanut Butter (6g)	<u>8/30 Choose One</u> Assorted Pancakes (36-40g) Assorted Bagel (29-35g)/Cream Cheese (2g) or Peanut Butter (6g)										
NO PORK PRODUCTS OFFERED. NUTRIENT AND INGREDIENT CONTENT AVAILABLE UPON REQUEST.	This institution is an equal opportunity provider, employer, and lender. Menu is subject to change. Rev 8/5/19	A variety of fresh fruits, choice of 1% low fat white milk (13g), skim chocolate milk (24g), orange juice (14g), and apple juice (14g), are offered daily with breakfast. CHOOSE ONE MAIN ENTRÉE OR CHOOSE TWO OF THE FOLLOWING AT BREAKFAST: <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">Assorted Cereals (20-28g)</td> <td style="width: 50%;">Cheese Stick (1g)</td> </tr> <tr> <td>Cinnamon Roll (20g)</td> <td>Graham Cracker (19g)</td> </tr> <tr> <td>Hard Boiled Egg (1g)</td> <td>Muffins (26-29g)</td> </tr> <tr> <td>Yogurt (14g)</td> <td>Peanut Butter & Jelly Graham (30g)</td> </tr> <tr> <td>Honey Roasted Sunflower Seeds (11g)</td> <td></td> </tr> </table>			Assorted Cereals (20-28g)	Cheese Stick (1g)	Cinnamon Roll (20g)	Graham Cracker (19g)	Hard Boiled Egg (1g)	Muffins (26-29g)	Yogurt (14g)	Peanut Butter & Jelly Graham (30g)	Honey Roasted Sunflower Seeds (11g)	
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