



GRADES 6-12 BREAKFAST MENU

Sept/October 2019



MONDAY	TUESDAY	Lean & Green Wed	THURSDAY	FRIDAY
9/30 Choose One French Toast Sticks (57g) Assorted Bagel (29-35g)/Cream Cheese (2g) or Peanut Butter (6g)	10/1 Choose One Turkey Ham/Egg/Cheese Croissant (30g) Assorted Bagel (29-35g)/Cream Cheese (2g) or Peanut Butter (6g)	10/2 Choose One Apple (36g) or Cherry (37g) Frudel Cinnamon Toast Crunch Cheese Filled Bar (40g)	10/3 Choose One Turkey Sausage, Egg, & Cheese Pancake Sandwich (33g) Assorted Bagel (29-35g)/Cream Cheese (2g) or Peanut Butter (6g)	10/4 Choose One Egg & Cheese Calzone (42g) Assorted Bagel (29-35g)/Cream Cheese (2g) or Peanut Butter (6g)
10/7 Choose One Cinnabar (45g) Assorted Bagel (29-35g)/Cream Cheese (2g) or Peanut Butter (6g)	10/8 Choose One Egg & Cheese Croissant (29g) Assorted Bagel (29-35g)/Cream Cheese (2g) or Peanut Butter (6g)	10/9 Choose One Yogurt Parfait (63-78g) Cinnamon Toast Crunch Cheese Filled Bar (40g)	10/10 Choose One Turkey Sausage & Cheese on Biscuit (29g) Assorted Bagel (29-35g)/Cream Cheese (2g) or Peanut Butter (6g)	10/11 Choose One Assorted Pancakes (36-40g) Assorted Bagel (29-35g)/Cream Cheese (2g) or Peanut Butter (6g)
10/14 Choose One French Toast Sticks (57g) Assorted Bagel (29-35g)/Cream Cheese (2g) or Peanut Butter (6g)	10/15 Choose One Turkey Ham/Egg/Cheese Croissant (30g) Assorted Bagel (29-35g)/Cream Cheese (2g) or Peanut Butter (6g)	10/16 Choose One Apple (36g) or Cherry (37g) Frudel Cinnamon Toast Crunch Cheese Filled Bar (40g)	10/17 Choose One Turkey Sausage, Egg, & Cheese Pancake Sandwich (33g) Assorted Bagel (29-35g)/Cream Cheese (2g) or Peanut Butter (6g)	10/18 NO SCHOOL
10/21 Choose One Cinnabar (45g) Assorted Bagel (29-35g)/Cream Cheese (2g) or Peanut Butter (6g)	10/22 Choose One Egg & Cheese Croissant (29g) Assorted Bagel (29-35g)/Cream Cheese (2g) or Peanut Butter (6g)	10/23 NO SCHOOL	10/24 Choose One Turkey Sausage & Cheese on Biscuit (29g) Assorted Bagel (29-35g)/Cream Cheese (2g) or Peanut Butter (6g)	10/25 Choose One 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 8/23/19	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: Assorted Cereals (20-28g) Cinnamon Roll (20g) Hard Boiled Egg (1g) Honey Roasted Sunflower Seeds (11g) Peanut Butter & Jelly Graham (30g)		