



**ELEMENTARY GRADES PreK-6
Sept/October 2019 BREAKFAST MENU**



MONDAY	TUESDAY	LEAN AND GREEN WEDNESDAY	THURSDAY	FRIDAY
9/30 Cinnamon Toast Crunch Cheese-Filled Bar (40g) <>	10/1 Turkey Sausage Breakfast Pizza (22g)	10/2 Confetti Pancakes (36g) <>	10/3 Cinnamon French Toast (37g) <>	10/4 Strawberry Pancakes (40g) <>
10/7 Sweet Potato Swirl Roll (33g) <>	10/8 Maple Pancakes (38g) <>	10/9 Mini Cinnis (39g) <>	10/10 Turkey Sausage Pancake Wrap (17g) D	10/11 Blueberry Waffles (36g) <>
10/14 Cinnamon Toast Crunch Cheese-Filled Bar (40g) <>	10/15 Turkey Sausage Breakfast Pizza (22g)	10/16 Confetti Pancakes (36g) <>	10/17 Cinnamon French Toast (37g) <>	10/18 NO SCHOOL
10/21 Sweet Potato Swirl Roll (33g) <>	10/22 Maple Pancakes (38g) <>	10/23 NO SCHOOL	10/24 Turkey Sausage Pancake Wrap (17g) D	10/25 Blueberry Waffles (36g) <>

<p><u>CHOOSE 1 MAIN ENTRÉE OR CHOOSE 2 OF THESE AT BREAKFAST:</u></p> <p>Assorted Cereal (20-25g) or Graham Cracker (19g) or Yogurt (14g) or Cheese Stick (1g)</p> <p>Orange juice (14g) and apple juice (14g) are offered at breakfast. Fresh fruits and a choice of 1% low fat white milk (13g), or skim chocolate milk (24g) are offered at breakfast/lunch. Vegetables offered daily and legumes weekly at lunch.</p> <p>A complete breakfast and lunch are FREE to every student!!</p>	<p>Grams of carbohydrate for each food are listed as (g).</p> <p>D Dairy-free entrée</p> <p><> Plant-based entrée</p> <p>Pork, seafood, and nut-containing products are not offered.</p> <p>Menu is subject to change.</p> <p>This institution is an equal opportunity provider, employer, and lender.</p>
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Revised 8/23/2019

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