



**ELEMENTARY GRADES PreK-6  
September 2019 BREAKFAST MENU**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9/2 LABOR DAY NO SCHOOL	9/3 Turkey Sausage Breakfast Pizza (22g)	9/4 Confetti Pancakes (36g) <>	9/5 Cinnamon French Toast (37g) <>	9/6 Strawberry Pancakes (40g) <>
9/9 Sweet Potato Swirl Roll (33g) <>	9/10 Maple Pancakes (38g) <>	9/11 Mini Cinnis (39g) <>	9/12 Turkey Sausage Pancake Wrap (17g) †	9/13 Blueberry Waffles (36g) <>
9/16 Cinnamon Toast Crunch Cheese-Filled Bar (40g) <>	9/17 Turkey Sausage Breakfast Pizza (22g)	9/18 Confetti Pancakes (36g) <>	9/19 Cinnamon French Toast (37g) <>	9/20 Strawberry Pancakes (40g) <>
9/23 Sweet Potato Swirl Roll (33g) <>	9/24 Maple Pancakes (38g) <>	9/25 Mini Cinnis (39g) <>	9/26 Turkey Sausage Pancake Wrap (17g) †	9/27 Blueberry Waffles (36g) <>

<p align="center"><b><u>CHOOSE 1 MAIN ENTRÉE OR CHOOSE 2 OF THESE AT BREAKFAST:</u></b></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><b><u>A complete breakfast and lunch are FREE to every student!!</u></b></p>	<p align="center">Grams of carbohydrate for each food are listed as (g).</p> <p align="center">† Dairy-free entrée</p> <p align="center">&lt;&gt; Plant-based entrée</p> <p align="center">Pork, seafood, and nut-containing products are not offered.</p> <p align="center">Menu is subject to change.</p> <p align="center">This institution is an equal opportunity provider, employer, and lender.</p>
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