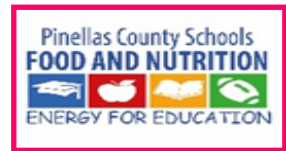


September 2023 Breakfast K-12 Menu



Fun Fact!

Snap Beans

- Snap beans can be green, yellow, purple, speckled, and more
- Green beans have a high level of vitamin K.
- After tomatoes and peppers, green beans are the third most common home-garden vegetable

Breakfast Choices

Hot or Cold Entrée Choices Available Daily

i.e.: Pancakes, Breakfast Sandwich, Cereal & Toast, or Cereal Bar & Toast.

Must Choose 1:

Fruit or Juice

(may choose up to 2 servings of fruits)

May Choose: 1 Milk:

Low Fat White, Fat Free Chocolate, Fat Free Strawberry or Fat Free Skim

Monday	Tuesday	Wednesday	Thursday	Friday
			<p>Menus are subject to change! We do our best to provide our customers with all of our planned options, however occasionally weather, crops, and supplies have other ideas!</p>	<p>1 Egg & Cheese Burrito Bowl-Pak Cereal Variety Breakfast Bar Assortment Buttered Toast <u>or</u> Cinnamon Toast Graham Crackers</p>
<p>4</p>	<p>5 Breakfast Skillet Egg•Potato•Cheese•Biscuit Bowl-Pak Cereal Variety Breakfast Bar Assortment Buttered Toast <u>or</u> Cinnamon Toast Graham Crackers</p>	<p>6 Eggo Chocolate Chip French Toast Minis Bowl-Pak Cereal Variety Breakfast Bar Assortment Buttered Toast <u>or</u> Cinnamon Toast Graham Crackers</p>	<p>7 Maple Sausage Pancake Wraps Bowl-Pak Cereal Variety Breakfast Bar Assortment Buttered Toast <u>or</u> Cinnamon Toast Graham Crackers</p>	<p>8 Egg & Cheese Croissant Bowl-Pak Cereal Variety Breakfast Bar Assortment Buttered Toast <u>or</u> Cinnamon Toast Graham Crackers</p>
<p>11 Chicken Biscuit Bowl-Pak Cereal Variety Breakfast Bar Assortment Buttered Toast <u>or</u> Cinnamon Toast Graham Crackers</p>	<p>12 Sausage Waffle Sandwich Bowl-Pak Cereal Variety Breakfast Bar Assortment Buttered Toast <u>or</u> Cinnamon Toast Graham Crackers</p>	<p>13 Apple Cinnamon Texas Toast Bowl-Pak Cereal Variety Breakfast Bar Assortment Buttered Toast <u>or</u> Cinnamon Toast Graham Crackers</p>	<p>14 Cinnamon Roll w/ Glaze Bowl-Pak Cereal Variety Breakfast Bar Assortment Buttered Toast <u>or</u> Cinnamon Toast Graham Crackers</p>	<p>15 Blueberry Pancake Minis Bowl-Pak Cereal Variety Breakfast Bar Assortment Buttered Toast <u>or</u> Cinnamon Toast Graham Crackers</p>
<p>18 Chicken Waffle Sandwich Bowl-Pak Cereal Variety Breakfast Bar Assortment Buttered Toast <u>or</u> Cinnamon Toast Graham Crackers</p>	<p>19 Egg, Ham & Cheese Croissant Sandwich Bowl-Pak Cereal Variety Breakfast Bar Assortment Buttered Toast <u>or</u> Cinnamon Toast Graham Crackers</p>	<p>20 Sausage Biscuit Bowl-Pak Cereal Variety Breakfast Bar Assortment Buttered Toast <u>or</u> Cinnamon Toast Graham Crackers</p>	<p>21 Eggo Cinnamon Waffle Bites Bowl-Pak Cereal Variety Breakfast Bar Assortment Buttered Toast <u>or</u> Cinnamon Toast Graham Crackers</p>	<p>22 Cheese Omelet Wrap Bowl-Pak Cereal Variety Breakfast Bar Assortment Buttered Toast <u>or</u> Cinnamon Toast Graham Crackers</p>
<p>25</p>	<p>26 Breakfast Skillet Egg•Potato•Cheese•Biscuit Bowl-Pak Cereal Variety Breakfast Bar Assortment Buttered Toast <u>or</u> Cinnamon Toast Graham Crackers</p>	<p>27 Eggo Chocolate Chip French Toast Minis Bowl-Pak Cereal Variety Breakfast Bar Assortment Buttered Toast <u>or</u> Cinnamon Toast Graham Crackers</p>	<p>28 Maple Sausage Pancake Wraps Bowl-Pak Cereal Variety Breakfast Bar Assortment Buttered Toast <u>or</u> Cinnamon Toast Graham Crackers</p>	<p>29 Egg & Cheese Croissant Bowl-Pak Cereal Variety Breakfast Bar Assortment Buttered Toast <u>or</u> Cinnamon Toast Graham Crackers</p>

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