




September

2022-2023 Breakfast Menu



Monday	Tuesday	Wednesday	Thursday	Friday
Dark Green	Red/Orange	Starchy	Beans & Legumes	Other
			1 Chef's Special	2 Breakfast Egg Burrito Juice
5  HAPPY Labor Day NO SCHOOL	6 Cold cereal Cubed Cheese Banana	7 Biscuit & Sausage Sandwich Fruit Cup	8 Banana Bread Juice	9 Fruit Smoothie String Cheese Graham Crackers
12 Chef's Choice	13 French Toast Cream Cheese Banana	14 Yogurt Cup Graham Crackers Orange Wedges	15 Turkey & Bagel Sandwich w/Cheese Fresh fruit	16 Waffle Sausage Fresh Berries
19 Breakfast Pizza Cheese & Sausage Seasonal Fruit	20 Scrambled Egg W/ Cheese Toast Orange Wedges	21 Benefit Bar String Cheese Fresh Berries	22 Overnight Oatmeal W/ Yogurt & Fruit	23 Sweet Bread Juice
26 Pancake String Cheese Apple Wedges	27 Yogurt Cup Graham Crackers Seasonal Fruit	28 Carrot & Zucchini Muffin Fruit Cup	29 Cinnamon Roll Cream Cheese Oranges Wedges	30 Chef's Choice

Menu is subject to change without notice *Not all items may be available everyday*

"All of the Grains/Bread items served are whole grain at 1 1/2 oz equivalent

Offered Daily: 6oz 1% unflavored milk, 1/4 cup of fruit (seasonal), 1/4 cup of vegetables, and 1 1/2 oz. equivalent of meat/meat alternatives

Serving ages: 3-5 years old

