






SEPTEMBER 2016



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 Cereal Bar Fresh Grapes String Cheese Fruit Juice Milk	2 French Toast Sticks w/Syrup Fruit Cocktail Fruit Juice Milk	3	4
5 NO SCHOOL LABOR DAY	6 Whole Grain Cinnamon Roll Pear Halves Fruit Juice Milk	7 Mini Waffles w/Syrup Fresh Strawberries Fruit Juice Milk	8 Breakfast Pizza Peach Slices Fruit Juice Milk	9 Whole Grain Muffin Rosy Applesauce Fruit Juice Milk	10 	
12 Whole Grain Cereal Sausage Patty Diced Pears Fruit Juice Milk	13 Breakfast Pizza Blueberries Fruit Juice Milk	14 Granola Bars Peach Halves Fruit Juice Milk	15 Toast & Jelly Applesauce String Cheese Fruit Juice Milk	16 Pancake on a Stick Fresh Strawberries Fruit Juice Milk	17	18 
19 French Sttoast Sticks w/Syrup Fresh Grapes Fruit Juice Milk	20 Oatmeal Breakfast Round Yogurt Cup Bananas Fruit Juice Milk	21 Whole Wheat Bagel w/Toppings Strawberries Fruit Juice Milk	22 Doughnuts Mandarin Oranges Fruit Juice Milk	23 Breakfast Pizza Sliced Peaches Fruit Juice Milk	24 	25
26 Whole Grain Cereal String Cheese Fresh Orange Fruit Juice Milk	27 Pancake on a Stick Fruit Cocktail Fruit Juice Milk	28 Whole Grain Cereal Yogurt Fresh Banana Fruit Juice Milk	29 Sausage Breakfast Sandwich Pineapple Chunks Fruit Juice Milk	30 Whole Grain Muffin Tropical Fruit Fruit Juice Milk	20 	
This institution is an equal opportunity provider.		NOTES: Did you know?? Research shows that students who skip breakfast have shorter attention spans and don't do as well on tests. Make sure your youngster gets up in time to have a nutritious breakfast either at home or at school. Tip; If he's having trouble waking up early enough, move his bedtime back.				

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