




SEPTEMBER 2017

CUNNINGHAM SCHOOLS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1 French Toast Sticks w/Syrup Fruit Cocktail Fruit Juice Milk	2	3
4 LABOR DAY NO SCHOOL 	5 Mini Waffles w/Syrup Pears Fruit Juice Milk	6 Whole Grain Cinnamon Roll Fresh Banana Fruit Juice Milk	7 Breakfast Pizza Peach Slices Fruit Juice Milk	8 Whole Grain Muffin Rosy Applesauce Fruit Juice Milk	9	10
11 Whole Grain Cereal Sausage Patty Diced Pears Fruit Juice Milk	12 Biscuit & Gravy Bananas Fruit Juice Milk	13 Kansas Granola Bar Peach Halves Fruit Juice Milk	14 Chicken Biscuit Breakfast Sandwich Fresh Mixed Fruit Cup Fruit Juice Milk	15 Pancake on a Stick Fresh Strawberries Fruit Juice Milk	16	17
18 French Toast Sticks w/syrup Fresh Grapes Fruit Juice Milk	19 Oatmeal Breakfast Round Yogurt Cup Strawberries & Bananas Fruit Juice Milk	20 Whole Wheat Bagel w/Toppings Fresh Apple Slices Fruit Juice Milk	21 Quick Blueberry Bubble Bread Mandarin Oranges Fruit Juice Milk	22 Breakfast Pizza Sliced Peaches Fruit Juice Milk		
25 Whole Grain Cereal String Cheese Mandarin Oranges Fruit Juice Milk	26 Pancake on a Stick Fruit Cocktail Fruit Juice Milk	27 Biscuit & Gravy Fresh Kiwi Fruit Juice Milk	28 Sausage Breakfast Sandwich Pineapple Chunks Fruit Juice Milk	29 Whole Grain Muffin Tropical Fruit Fruit Juice Milk		
1 This institution is an equal opportunity provider.		NOTES: Overnight oat yogurt parfait: 6 oz. nonfat plain Greek yogurt; 1/3 cup old-fashioned oats, uncooked; 1 cup frozen or fresh fruit, such as mango or berries. Mix the yogurt and oats together in a bowl. In a jar, layer the yogurt-oat mixture and fruit. Cover the jar with a lid and refrigerate overnight. Serves 1.				

B R E A K F A S T M E N U