

SEPTEMBER 2020

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
USDA is an equal opportunity provider and employer	1 Whole Grain Cereal Yogurt Cup Applesauce Fruit Juice Milk	2 Biscuit & Gravy Pineapple Chunks Fruit Juice Milk	3 Scrumptious Coffeecake Fresh Citrus Fruit Cup Fruit Juice Milk	4 Western Omelet Quesadilla with Tomato Salsa Fresh Grapes Fruit Juice Milk	5	6
7 NO SCHOOL	8 Whole Grain Cereal String Cheese Fresh Mandarin Oranges Fruit Juice Milk	9 Sausage Breakfast Sandwich Pineapple Chunks Fruit Juice Milk	10 Pancake on a Stick Fruit Cocktail Fruit Juice Milk	11 Whole Grain Muffin Tropical Fruit Fruit Juice Milk	12	13
14 Whole Grain Cinnamon Roll Mandarin Oranges Fruit Juice Milk	15 Star Spangled Pancakes Sausage Patty Tropical Fruit Fruit Juice Milk	16 Whole Wheat Bagel with Toppings Fresh Strawberries Fruit Juice Milk	17 Ham & Cheese Breakfast Bar with Tomato Salsa Sliced Pears Fruit Juice Milk	18 Mini Waffles with Syrup Fresh Pineapple Fruit Juice Milk	19	
21 Breakfast Pizza Peach Slices Fruit Juice Choice Milk	22 Mini Waffles with Syrup Apricot Halves Fruit Juice Choice Milk	23 Whole Grain Muffin Rosy Applesauce Fruit Juice Choice Milk	24 Excellent Egg Taco with Tomato Salsa Graham Snacks Fresh Kiwi Fruit Juice Choice Milk	25 Whole Grain Cinnamon Roll Fresh Banana Fruit Juice Milk	26	
28 NO SCHOOL	29 Chicken Biscuit Breakfast Sandwich Fresh Mixed Fruit Cup Fruit Juice Choice Milk	30 Pancake on a Stick Fresh Strawberries Fruit Juice Choice Milk	NOTES: Foods to sing about... Get your youngster excited about eating new foods by encouraging him/her to make up songs about them. He/she could pick a familiar tune (say "Mary Had a Little Lamb") and change the words to describe the food's taste, color, texture, or scent. <i>Example: "Mary had a roasted yam, tasted sweet like Jam."</i> Recess games... Head outside with your child, and teach them playground games you enjoyed at their age, such as freeze tag or capture the flag. They discover new ways to be active at recess and learn games to share with his classmates. <i>Idea: Ask them to show you a recess game you've never played.</i>			

