

# NSLA TK-12 Breakfast Menu

MENU SUBJECT TO CHANGE WITHOUT NOTICE



august 2022

Breakfast includes choice of one entrée, fruit, and fat free white milk or 1% white milk.

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3 <b>Entrée Option #1</b> Banana Bread <b>Entrée Option #2</b> Apple Jacks w/ Honey Grahams <i>Pear</i> <i>Whole Fruit 2</i> 1% White Milk Fat Free White Milk	4 <b>Entrée Option #1</b> WG Mini Maple Eggo Waffles <b>Entrée Option #2</b> Cereal w/ Cinnamon Tiger Crackers <i>Orange</i> <i>Whole Fruit (Pear)</i> 1% White Milk Fat Free White Milk	5 <b>Entrée Option #1</b> Cranberry Oatmeal Round <b>Entrée Option #2</b> Frosted Mini Wheats w/ Honey Grahams <i>Apple</i> <i>Whole Fruit 2</i> 1% White Milk Fat Free White Milk
8 <b>Entrée Option #1</b> Cinnamon Delight <b>Entrée Option #2</b> Froot Loops w/ Honey Grahams <i>Orange</i> <i>Whole Fruit</i> 1% White Milk Fat Free White Milk	9 <b>Entrée Option #1</b> Bean & Cheese Burrito w/ Hot Sauce <b>Entrée Option #2</b> Apple Jacks w/ Cinnamon Grahams <i>Banana</i> <i>Whole Fruit (Pear)</i> 1% White Milk Fat Free White Milk	10 <b>Entrée Option #1</b> Yogurt Parfait w/ Honey Grahams <b>Entrée Option #2</b> Apple Jacks w/ Honey Grahams & Whole Fruit <i>Whole Fruit 2</i> 1% White Milk Fat Free White Milk	11 <b>Entrée Option #1</b> French Toast Slice <b>Entrée Option #2</b> Cereal w/ Cinnamon Tiger Crackers <i>Orange</i> <i>Whole Fruit (Pear)</i> 1% White Milk Fat Free White Milk	12 <b>Entrée Option #1</b> Coffee Cake <b>Entrée Option #2</b> Frosted Mini Wheats w/ Honey Grahams <i>Apple</i> <i>Whole Fruit 2</i> 1% White Milk Fat Free White Milk
15 <b>Entrée Option #1</b> Pan Dulce <b>Entrée Option #2</b> Froot Loops w/ Honey Grahams <i>Orange</i> <i>Whole Fruit</i> 1% White Milk Fat Free White Milk	16 <b>Entrée Option #1</b> WG Mini Maple Eggo Waffles <b>Entrée Option #2</b> Apple Jacks w/ Cinnamon Grahams <i>Banana</i> <i>Whole Fruit (Pear)</i> 1% White Milk Fat Free White Milk	17 <b>Entrée Option #1</b> Mantecada Muffin <b>Entrée Option #2</b> Apple Jacks w/ Honey Grahams <i>Pear</i> <i>Whole Fruit 2</i> 1% White Milk Fat Free White Milk	18 <b>Entrée Option #1</b> Sausage & Cheese Sandwich <b>Entrée Option #2</b> Cereal w/ Cinnamon Tiger Crackers <i>Orange</i> <i>Whole Fruit (Pear)</i> 1% White Milk Fat Free White Milk	19 <b>Entrée Option #1</b> Banana Bread <b>Entrée Option #2</b> Frosted Mini Wheats w/ Honey Grahams <i>Apple</i> <i>Whole Fruit 2</i> 1% White Milk Fat Free White Milk
22 <b>Entrée Option #1</b> Bagel w/ Cream Cheese <b>Entrée Option #2</b> Froot Loops w/ Honey Grahams <i>Orange</i> <i>Whole Fruit</i> 1% White Milk Fat Free White Milk	23 <b>Entrée Option #1</b> WG Cinnamon Pancakes <b>Entrée Option #2</b> Apple Jacks w/ Cinnamon Grahams <i>Banana</i> <i>Whole Fruit (Pear)</i> 1% White Milk Fat Free White Milk	24 <b>Entrée Option #1</b> Orange Muffin <b>Entrée Option #2</b> Apple Jacks w/ Honey Grahams <i>Pear</i> <i>Whole Fruit 2</i> 1% White Milk Fat Free White Milk	25 <b>Entrée Option #1</b> Chicken & Waffle w/ Syrup <b>Entrée Option #2</b> Cereal w/ Cinnamon Tiger Crackers <i>100% Fruit Juice</i> <i>Whole Fruit (Pear)</i> 1% White Milk Fat Free White Milk	26 <b>Entrée Option #1</b> Vanilla Mini Loaf & String Cheese <b>Entrée Option #2</b> Frosted Mini Wheats w/ Honey Grahams <i>Apple</i> <i>Whole Fruit 2</i> 1% White Milk Fat Free White Milk
29 <b>Entrée Option #1</b> Chocolate Chip Muffin Flat <b>Entrée Option #2</b> Froot Loops w/ Honey Grahams <i>Orange</i> <i>Whole Fruit</i> 1% White Milk Fat Free White Milk	30 <b>Entrée Option #1</b> Breakfast Bean & Cheese Burrito w/ Hot Sauce <b>Entrée Option #2</b> Apple Jacks w/ Cinnamon Grahams <i>Banana</i> <i>Whole Fruit (Pear)</i> 1% White Milk Fat Free White Milk	31 <b>Entrée Option #1</b> Banana Bread <b>Entrée Option #2</b> Apple Jacks w/ Honey Grahams <i>Pear</i> <i>Whole Fruit 2</i> 1% White Milk Fat Free White Milk		

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This institution is an equal opportunity provider.

