



September 2022 Breakfast Menu "A"



Monday	Tuesday	Wednesday	Thursday	Friday
DAILY CEREAL OPTION				
Cereal w/ Honey Grahams	Cereal w/ Cinnamon Grahams	Cereal w/ Honey Grahams <i>(w/ whole fruit on 9/7)</i>	Cereal w/ Cinnamon Grahams	Cereal w/ Honey Grahams
FEATURED ENTRÉE OF THE DAY				
29	30	31	1	2
Chocolate Chip Muffin Flat	Bean & Cheese Burrito <i>Hot Sauce</i>	Banana Bread	Egg & Cheese Breakfast Sandwich	Cinnamon Delight
<i>Orange (1/2 c) & Whole Fruit (1/2 c)</i>	<i>Banana (1/2 c) & Whole Fruit (1/2 c)</i>	<i>Pear (1/2 c) & Whole Fruit (1/2 c)</i>	<i>100% Fruit Juice (4 oz) & Whole Fruit (1/2 c)</i>	<i>Apple (1/2 c) & Whole Fruit (1/2 c)</i>
5	6	7	8	9
Labor Day Holiday	Mango Muffin	Yogurt Parfait w/ Blueberries Honey Grahams	French Toast Slice	Coffee Cake
	<i>Banana (1/2 c) & Whole Fruit (1/2 c)</i>	<i>Whole Fruit (1/2 c)</i>	<i>100% Fruit Juice (4 oz) & Whole Fruit (1/2 c)</i>	<i>Apple (1/2 c) & Whole Fruit (1/2 c)</i>
12	13	14	15	16
Pan Dulce	Mini Maple Waffle	Mantecada	Chicken Sausage & Cheese Breakfast Sandwich	Cranberry Oatmeal Round
<i>Apple Sauce (1/2 c) & Whole Fruit (1/2 c)</i>	<i>Banana (1/2 c) & Whole Fruit (1/2 c)</i>	<i>Pear (1/2 c) & Whole Fruit (1/2 c)</i>	<i>100% Fruit Juice (4 oz) & Whole Fruit (1/2 c)</i>	<i>Apple (1/2 c) & Whole Fruit (1/2 c)</i>
19	20	21	22	23
Whole Grain Bagel w/ Cream Cheese	Cinnamon Pancakes <i>Syrup</i>	Orange Muffin	Chicken Strip & Waffle <i>Syrup</i>	Vanilla Mini Loaf & String Cheese
<i>Orange (1/2 c) & Whole Fruit (1/2 c)</i>	<i>Banana (1/2 c) & Whole Fruit (1/2 c)</i>	<i>Pear (1/2 c) & Whole Fruit (1/2 c)</i>	<i>100% Fruit Juice (4 oz) & Whole Fruit (1/2 c)</i>	<i>Apple (1/2 c) & Whole Fruit (1/2 c)</i>
26	27	28	29	30
Chocolate Chip Muffin Flat	Bean & Cheese Burrito <i>Hot Sauce</i>	Banana Bread	Egg & Cheese Breakfast Sandwich	Cinnamon Delight
<i>Apple Sauce (1/2 c) & Whole Fruit (1/2 c)</i>	<i>Banana (1/2 c) & Whole Fruit (1/2 c)</i>	<i>Pear (1/2 c) & Whole Fruit (1/2 c)</i>	<i>100% Fruit Juice (4 oz) & Whole Fruit (1/2 c)</i>	<i>Apple (1/2 c) & Whole Fruit (1/2 c)</i>

All entrées served with choice of 1% milk or fat free milk. All grain items offered are Whole Grain Rich. This institution is an equal opportunity provider. Menus are subject to change without notice.