



# September 2022 Breakfast Menu "A"



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