

September 2017 Elementary & Middle School Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Breakfast Pizza Orange Smiles Assorted 100% Juice
4 Labor Day No School	5 Cheesy Breadstick Baked Apples Assorted 100% Juice	6 Breakfast Chicken with Biscuit Fresh Banana Assorted 100% Juice	7 Yogurt with Cinnamon Goldfish Graham Fresh Apple Assorted 100% Juice	8 Breakfast Pizza Orange Smiles Assorted 100% Juice
11 Sausage with Biscuit Breakfast Break Applesauce Assorted 100% Juice Hashbrown	12 Sausage Pancake Pineapple Tidbits Assorted 100% Juice	13 Cinnamon Minis Fresh Banana Assorted 100% Juice	14 Yogurt with Granola Peach Slices Assorted 100% Juice	15 Breakfast Pizza Orange Smiles Assorted 100% Juice
18 Sausage with Biscuit Breakfast Break Fruit Cocktail Assorted 100% Juice Hashbrown	19 Cheesy Breadstick Baked Apples Assorted 100% Juice	20 Bacon, Egg, & Cheese Toast Fresh Banana Assorted 100% Juice	21 Yogurt with Cinnamon Goldfish Graham Fresh Apple Assorted 100% Juice	22 Breakfast Pizza Orange Smiles Assorted 100% Juice
25 Sausage with Biscuit Breakfast Break Applesauce Assorted 100% Juice Hashbrown	26 Sausage Pancake Pineapple Tidbits Assorted 100% Juice	27 French Toast Fresh Banana Assorted 100% Juice	28 Yogurt with Granola Peach Slices Assorted 100% Juice	29 Breakfast Pizza Orange Smiles Assorted 100% Juice

Breakfast Prices: Elementary Full Pay \$1.00 • Middle/High Full Pay \$1.15 • Approved Reduced \$0.30 • Adults/Visitors \$1.80

A la Carte 1/2 Pint Milk: \$0.50 each, any flavor

Choice of fresh fruit or 100% juice, crisp side salad, and a variety of milk are offered each day at breakfast and lunch!

Help yourself to delicious fruits and vegetables! In order to count as a reimbursable meal, each student must have 1/2 cup fruit or vegetable on their tray.

★ Pre-K options are available on the Pre-K Breakfast Menu. ★

Nutrition Information available on page 2 • This institution is an equal opportunity provider.

September 2017 Elementary & Middle School Breakfast Menu Nutrition Information

Monday	Calories Total Fat (g) Sat. Fat (g) Carbs (g) Sodium (mg)	Tuesday	Calories Total Fat (g) Sat. Fat (g) Carbs (g) Sodium (mg)	Wednesday	Calories Total Fat (g) Sat. Fat (g) Carbs (g) Sodium (mg)	Thursday	Calories Total Fat (g) Sat. Fat (g) Carbs (g) Sodium (mg)	Friday	Calories Total Fat (g) Sat. Fat (g) Carbs (g) Sodium (mg)
						Disclaimer: The nutrition information provided is an estimate of the nutrition content within the menu items, and therefore should be used for general information only. Due to product substitutions and changes, nutrition content may vary. Please contact the cafeteria manager if you need additional information.			
4		5		6		7		8	
Labor Day No School		Cheesy Breadstick 150 6 3 15 240 Baked Apples 80 0 0 20 27 Assorted 100% Juice 60 0 0 14 0		Breakfast Chicken 96 4 1 7 207 with Biscuit 250 12 6 31 490 Fresh Banana 108 0 0 28 0 Assorted 100% Juice 60 0 0 14 0		Yogurt 60 0 0 11 50 with Cinnamon Goldfish Graham 120 4 1 19 110 Fresh Apple 55 0 0 14 0 Assorted 100% Juice 60 0 0 14 0		Breakfast Pizza 210 7 2 27 350 Orange Smiles 62 0 0 15 0 Assorted 100% Juice 60 0 0 14 0	
11		12		13		14		15	
Sausage 230 22 7 1 170 with Biscuit 250 12 6 31 490 Breakfast Break 270 6 1.5 55 350 Applesauce 50 0 0 13 10 Assorted 100% Juice 60 0 0 14 0 Hashbrown 130 7 0.5 15 240		Sausage Pancake 190 8 2 22 478 Pineapple Tidbits 80 0 0 20 0 Assorted 100% Juice 60 0 0 14 0		Cinnamon Minis 240 8 2 40 300 Fresh Banana 108 0 0 28 0 Assorted 100% Juice 60 0 0 14 0		Yogurt 60 0 0 11 50 with Granola 120 3.5 0 20 75 Peach Slices 60 0 0 10 0 Assorted 100% Juice 60 0 0 14 0		Breakfast Pizza 210 7 2 27 350 Orange Smiles 62 0 0 15 0 Assorted 100% Juice 60 0 0 14 0	
18		19		20		21		22	
Sausage 230 22 7 1 170 with Biscuit 250 12 6 31 490 Breakfast Break 270 6 1.5 55 350 Fruit Cocktail 60 0 0 14 10 Assorted 100% Juice 60 0 0 14 0 Hashbrown 130 7 0.5 15 240		Cheesy Breadstick 150 6 3 15 240 Baked Apples 80 0 0 20 27 Assorted 100% Juice 60 0 0 14 0		Bacon, Egg, & Cheese Toast 160 6 2 18 350 Fresh Banana 108 0 0 28 0 Assorted 100% Juice 60 0 0 14 0		Yogurt 60 0 0 11 50 with Cinnamon Goldfish Graham 120 4 1 19 110 Fresh Apple 55 0 0 14 0 Assorted 100% Juice 60 0 0 14 0		Breakfast Pizza 210 7 2 27 350 Orange Smiles 62 0 0 15 0 Assorted 100% Juice 60 0 0 14 0	
25		26		27		28		29	
Sausage 230 22 7 1 170 with Biscuit 250 12 6 31 490 Breakfast Break 270 6 1.5 55 350 Applesauce 50 0 0 13 10 Assorted 100% Juice 60 0 0 14 0 Hashbrown 130 7 0.5 15 240		Sausage Pancake 190 8 2 22 478 Pineapple Tidbits 80 0 0 20 0 Assorted 100% Juice 60 0 0 14 0		French Toast 200 8 1.5 25 290 Fresh Banana 108 0 0 28 0 Assorted 100% Juice 60 0 0 14 0		Yogurt 60 0 0 11 50 with Granola 120 3.5 0 20 75 Peach Slices 60 0 0 10 0 Assorted 100% Juice 60 0 0 14 0		Breakfast Pizza 210 7 2 27 350 Orange Smiles 62 0 0 15 0 Assorted 100% Juice 60 0 0 14 0	

Breakfast Prices: Elementary Full Pay \$1.00 • Middle/High Full Pay \$1.15 • Approved Reduced \$0.30 • Adults/Visitors \$1.80

A la Carte 1/2 Pint Milk: \$0.50 each, any flavor

Choice of fresh fruit or 100% juice, crisp side salad, and a variety of milk are offered each day at breakfast and lunch!

Help yourself to delicious fruits and vegetables! In order to count as a reimbursable meal, each student must have 1/2 cup fruit or vegetable on their tray.

★ Pre-K options are available on the Pre-K Breakfast Menu. ★

This institution is an equal opportunity provider.