

September 2017 Elementary Universal Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Breakfast Bar Fresh Apple Assorted 100% Juice
4 Labor Day <i>No School</i>	5 Super Donut Fresh Pear Assorted 100% Juice	6 Yogurt with Cinnamon Goldfish Graham Fresh Banana Assorted 100% Juice	7 Cereal Fresh Pear Assorted 100% Juice	8 Poptart Fresh Apple Assorted 100% Juice
11 Cinnamon Minis Fresh Apple Assorted 100% Juice	12 Sausage, Egg, & Cheese Biscuit Slider Fresh Pear Assorted 100% Juice	13 Cereal Fresh Banana Assorted 100% Juice	14 French Toast Fresh Pear Assorted 100% Juice	15 Breakfast Bar Fresh Apple Assorted 100% Juice
18 Cheesy Mozzarella Breadstick Fresh Apple Assorted 100% Juice	19 Super Donut Fresh Pear Assorted 100% Juice	20 Yogurt with Cinnamon Goldfish Graham Fresh Banana Assorted 100% Juice	21 Cereal Fresh Pear Assorted 100% Juice	22 Poptart Fresh Apple Assorted 100% Juice
25 Cinnamon Minis Fresh Apple Assorted 100% Juice	26 Sausage, Egg, & Cheese Biscuit Slider Fresh Pear Assorted 100% Juice	27 Cereal Fresh Banana Assorted 100% Juice	28 French Toast Fresh Pear Assorted 100% Juice	29 Breakfast Bar Fresh Apple Assorted 100% Juice

A variety of milk is offered with Universal Breakfast daily!

**For the select schools that are participating in Universal Breakfast, it is provided for free.
All other schools, please view the regular breakfast menu for choices and pricing. Thank you!**

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

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

September 2017 Elementary Universal 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.		1 Breakfast Bar 140 4 1.5 24 85 Fresh Apple 55 0 0 14 0 Assorted 100% Juice 60 0 0 14 0	
4 Labor Day No School		5 Super Donut 230 11 4 29 260 Fresh Pear 96 0 0 23 0 Assorted 100% Juice 60 0 0 14 0		6 Yogurt 60 0 0 11 50 with Cinnamon Goldfish Graham 120 4 1 19 110 Fresh Banana 108 0 0 28 0 Assorted 100% Juice 60 0 0 14 0		7 Cereal 110 1.5 0 23 110 Fresh Pear 96 0 0 23 0 Assorted 100% Juice 60 0 0 14 0		8 Poptart 180 2.5 1 37 190 Fresh Apple 55 0 0 14 0 Assorted 100% Juice 60 0 0 14 0	
11 Cinnamon Minis 240 8 2 40 300 Fresh Apple 55 0 0 14 0 Assorted 100% Juice 60 0 0 14 0		12 Sausage, Egg, & Cheese Biscuit Slider 150 4.5 1.5 21 280 Fresh Pear 96 0 0 23 0 Assorted 100% Juice 60 0 0 14 0		13 Cereal 110 1.5 0 23 110 Fresh Banana 108 0 0 28 0 Assorted 100% Juice 60 0 0 14 0		14 French Toast 200 8 1.5 25 290 Fresh Pear 96 0 0 23 0 Assorted 100% Juice 60 0 0 14 0		15 Breakfast Bar 140 4 1.5 24 85 Fresh Apple 55 0 0 14 0 Assorted 100% Juice 60 0 0 14 0	
18 Cheesy Mozzarella Breadstick 190 6 2 25 220 Fresh Apple 55 0 0 14 0 Assorted 100% Juice 60 0 0 14 0		19 Super Donut 230 11 4 29 260 Fresh Pear 96 0 0 23 0 Assorted 100% Juice 60 0 0 14 0		20 Yogurt 60 0 0 11 50 with Cinnamon Goldfish Graham 120 4 1 19 110 Fresh Banana 108 0 0 28 0 Assorted 100% Juice 60 0 0 14 0		21 Cereal 110 1.5 0 23 110 Fresh Pear 96 0 0 23 0 Assorted 100% Juice 60 0 0 14 0		22 Poptart 180 2.5 1 37 190 Fresh Apple 55 0 0 14 0 Assorted 100% Juice 60 0 0 14 0	
25 Cinnamon Minis 240 8 2 40 300 Fresh Apple 55 0 0 14 0 Assorted 100% Juice 60 0 0 14 0		26 Sausage, Egg, & Cheese Biscuit Slider 150 4.5 1.5 21 280 Fresh Pear 96 0 0 23 0 Assorted 100% Juice 60 0 0 14 0		27 Cereal 110 1.5 0 23 110 Fresh Banana 108 0 0 28 0 Assorted 100% Juice 60 0 0 14 0		28 French Toast 200 8 1.5 25 290 Fresh Pear 96 0 0 23 0 Assorted 100% Juice 60 0 0 14 0		29 Breakfast Bar 140 4 1.5 24 85 Fresh Apple 55 0 0 14 0 Assorted 100% Juice 60 0 0 14 0	

A variety of milk is offered with Universal Breakfast daily!
For the select schools that are participating in Universal Breakfast, it is provided for free.
All other schools, please view the regular breakfast menu for choices and pricing. Thank you!
★ Pre-K options are available on the Pre-K Universal Breakfast Menu. ★

This institution is an equal opportunity provider.