## September Breakfast Menu

| Monday   | Tuesday               | Wednesday              | Thursday        | Friday | Nutrition Avg.   |
|--|-----------------------|------------------------|-----------------|--------|--|
| 4  | 5                     | 6                      | 7               | 8      |  |
| Labor Day  | Homemade French Toast | Bagels                 | Breakfast Pizza | Donuts |  |
|  | Fruit                 | Fruit                  | Fruit           | Fruit  |  |
| very school day the breakfa  | s Milk                | Milk                   | Milk            | Juice  |  |
| menu will also include   | Juice                 | Juice                  | Juice           | Milk   |  |
| an option for cereal, poptar   | t,                    |                        |                 |        |  |
| or cereal bar.   |                       |                        |                 |        |  |
| 11   | 12                    | 13                     | 14              | 15     |  |
| Homemade Pancakes  | Muffin's              | Scrambled Eggs and Ham | Tornado's       | Donuts |  |
| Fruit  | Fruit                 | Fruit                  | Fruit           | Fruit  |  |
| Milk   | Milk                  | Milk                   | Milk            | Juice  |  |
| Juice  | Juice                 | Juice                  | Juice           | Milk   |  |
|  |                       |                        |                 |        |  |
| 18   | 19                    | 20                     | 21              | 22     |  |
| Biscuits and Gravy   | Omelet                | Pancakes               | Breakfast Pizza | Donuts |  |
| Fruit  | Fruit                 | Fruit                  | Fruit           | Fruit  |  |
| Milk   | Milk                  | Milk                   | Milk            | Juice  |  |
| Juice  | Juice                 | Juice                  | Juice           | Milk   |  |
| 25   | 26                    | 27                     | 28              | 29     |  |
| No   | French Toast          | Tornado's              | Bagels          | Donuts |  |
| School   | Fruit                 | Fruit                  | Fruit           | Fruit  |  |
|  | Milk                  | Milk                   | Milk            |        |  |
|  | Juice                 | Juice                  |                 | Milk   |  |
|  | Juice                 | Juice                  | Juice           | Juice  |  |
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