

September Breakfast Menu:CHS & WMS

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Welcome
Back!!!



LABOR DAY NO SCHOOL	4	Trix Iced cinnamon bar Fresh fruit Fruit juice Milk	5	Blueberry muffin Honey Nut Cheerios Fresh fruit Fruit juice Milk	6	Cocoa Krispies Apple granola bar Fresh fruit Fruit juice Milk	7	Mini cinnamon bagel Cheerios Fresh fruit Fruit juice Milk	8	
	10	Yogurt Blueberry loaf Fresh fruit Fruit juice Milk	11	Lucky Charms Iced cinnamon bar Fresh fruit Fruit juice Milk	12	Chocolate muffin Frosted flakes Fresh fruit Fruit juice Milk	13	Cocoa Puffs Apple granola bar Fresh fruit Fruit juice Milk	14	Mini French toast sticks String cheese Fresh fruit Fruit juice Milk
	17	Yogurt Trix Fresh fruit Fruit juice Milk	18	Apple Cinnamon Cheerios Iced cinnamon bar Fresh fruit Fruit juice Milk	19	Blueberry muffin Frosted cinnamon flakes Fresh fruit Fruit juice Milk	20	Trix Apple granola bar Fresh fruit Fruit juice Milk	21	Chocolate doughnut Apple jacks Fresh fruit Fruit juice Milk
	24	Yogurt Cinnamon Toast Crunch Fresh fruit Fruit juice Milk	25	Cinnamon Chex Apple granola bar Fresh fruit Fruit juice Milk	26	Chocolate muffin Golden Grahams Fresh fruit Fruit juice Milk	27	Chocolate Frosted Mini-Wheats Iced cinnamon bar Fresh fruit Fruit juice Milk	28	Mini waffles Apple granola bar Fresh fruit Fruit juice Milk

Milk choices available daily are fat free white & 1% white. Fresh fruit & fruit juice are available every day. All bread & cereal products served are whole grain, including muffins, bagels, donuts, etc. Rice Chex, Cheerios & Kix are available daily as an alternate bread item.

This institution is an equal opportunity provider.