

# Breakfast K-12

September 2023

| MON   | TUE   | WED   | THU   | FRI  |
|---|---|---|---|--|
| 4<br>Cinnamon Crisp Bar<br>Raisins & 100% Grape Juice       | 5<br>Multi-Grain Cheerios<br>Graham Crackers<br>Raisins & Applesauce  | 6<br>Cinnamon Raisin Bagel w/ Butter<br>French Toast w/ Syrup<br>Diced Peaches & 100% Grape Juice           | 7<br>Honey Cheerios w/ Graham Crackers<br>Cinnamon Bun<br>Apple Slices & 100% Orange Juice              | 1<br>Multi-Grain Cinnamon Flakes<br>Graham Crackers<br>Raisins & 100% Grape Juice  |
| 11<br>Cinnamon Crisp Bar<br>Raisins & 100% Grape Juice      | 12<br>Strawberry Yogurt w/ Graham Crackers<br><b>NEW! Breakfast Pizza</b><br>Apple Slices & Diced Pineapple                 | 13<br>Cinnamon Flakes w/ Graham Crackers<br><b>Apple Fruite!</b><br>Diced Peaches & 100% Grape Juice        | 14<br>Plain Bagel w/ Cream Cheese<br><b>Waffles w/ Syrup</b><br>Apple Slices & 100% Orange Juice        | 15<br>Blueberry Muffin<br>Fresh Orange & 100% Pineapple Juice                      |
| 18<br>Banana Muffin<br>Raisins & Applesauce                 | 19<br>Strawberry Yogurt w/ Graham Crackers<br><b>Apple Fruite!</b><br>Apple Slices & Diced Pineapple                        | 20<br>Frosted Flakes w/ Graham Crackers<br><b>Waffle w/ Syrup</b><br>Diced Peaches & 100% Grape Juice       | 21<br>Cinnamon Toast Crunch w/ Graham Crackers<br>Pancakes w/ Syrup<br>Apple Slices & 100% Orange Juice | 22<br>Cinnamon Crisp Bar<br>Raisins & 100% Grape Juice                             |
| 25<br>Cherry Cocoa Bar<br>Fresh Pear & 100% Pineapple Juice | 26<br>Strawberry Yogurt w/ Graham Crackers<br><b>NEW! Mini Egg &amp; Cheese Flatbread</b><br>Apple Slices & Diced Pineapple | 27<br>Honey Cheerios w/ Graham Crackers<br><b>French Toast w/ Syrup</b><br>Diced Peaches & 100% Grape Juice | 28<br>Plain Bagel w/ Cream Cheese<br><b>Cinnamon Bun</b><br>Apple Slices & 100% Orange Juice            | 29<br>Multi-Grain Cinnamon Flakes<br>Graham Crackers<br>Raisins & 100% Grape Juice |

## DID YOU KNOW...

- ✓All grain products are wholegrain rich
- ✓There are no pork products on this menu
- ✓Meats are lean and cheeses are low fat
- ✓All products contain Zero Trans Fats, No Artificial Colors and Sweeteners, and No High Fructose Corn Syrup

## Breakfast Milk Choices

- 1% Unflavored Milk
- Skim Unflavored Milk

## Please Note

Locally Grown Component Served Daily  
Menu is subject to change  
Vegetarian Meal Options are indicated with a "V"



This institution is an equal opportunity provider.

# Lunch K-8

September 2023

| MON | TUE | WED | THU | FRI |
|-----|-----|-----|-----|-----|
| 4   | 5   | 6   | 7   | 1   |
| 11  | 12  | 13  | 14  | 15  |
| 18  | 19  | 20  | 21  | 22  |
| 25  | 26  | 27  | 28  | 29  |

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## Lunch Milk Choices

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# Snack K-12

September 2023

MON

TUE

WED

THU

FRI

4

11

18

5

12

19

6

13

20

7

14

21

8

15

22

1

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15

25

26

27

28

29

Whole-Grain Pretzels  
w/ 100% Orange Juice

Tostitos Scoops w/  
100% Fruit Juice

Roasted Sunflower  
Seeds w/ 100% Fruit  
Juice

Whole-Grain Cheez-its  
w/ Baby Carrots &  
Ranch Dressing

Whole-Grain Pretzels w/  
100% Orange Juice

Mozzarella String  
Cheese w/ Fresh Large  
Apple

Whole-Grain Graham  
Crackers w/ 100%  
Orange Juice

Whole-Grain  
Graham Crackers w/  
Strawberry Yogurt

Whole-Grain Pretzels  
w/ Cheese Stick

Corn Muffin w/ 100%  
Orange Juice

Whole-Grain Graham  
Crackers w/ 100% Fruit  
Juice

Blueberry Muffin w/  
Mozzarella String  
Cheese

Whole-Grain Graham  
Crackers w/ Strawberry  
Yogurt

Tostitos Scoops w/  
100% Apple Juice

Whole-Grain Cheez-its  
w/ 100% Fruit Juice

Corn Muffin w/  
Roasted Sunflower  
Seeds

Whole-Grain Graham  
Crackers w/ 100%  
Apple Juice

Apple Cinnamon Muffin  
w/ Mozzarella String  
Cheese

Whole-Grain Pretzels  
w/ 100% Orange Juice

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