

September 2019

BREAKFAST

Monday

Tuesday

Wednesday

Thursday

Friday

2

3

4

5

6



Breakfast
Pizza
Fruit
Milk

Apple Bosco
Fruit
Milk

Scrambled
Eggs
WG Toast
Fruit
Milk

Cinnamon Roll
Fruit
Milk

9

10

11

12

13

Hot Cereal
Fruit
Milk

Cheese Omelet
WG Toast
Fruit
Milk

Yogurt
Parfait
WG Muffin
Fruit
Milk

French Toast
Sticks
Fruit
Milk

Breakfast
Sandwich
Fruit
Milk

16

17

18

19

20

Pancake on a
Stick
Fruit
Milk

Stuffed Bagel
Fruit
Milk

Breakfast
Burrito
Fruit
Milk

Pancakes
Sausage
Fruit
Milk

**NO
SCHOOL**

23

24

25

26

27

Hot Cereal
Fruit
Milk

Yami Yogurt
Breakfast
Round
Fruit
Milk

WG Biscuit w/
Sausage Gravy
Fruit
Milk

Bagel w/
Cream Cheese
Fruit
Milk

Cheese Omelet
WG Toast
Fruit
Milk

30

Breakfast
Pizza
Fruit
Milk

***Menu subject to change without notice**

September is...

Nat'l Courtesy Month
Nat'l School Success Month
Nat'l Preparedness Month
Classic Music Month
Honey Month

CORN

Yellow corn is high in beta-carotene, contributing to healthy vision and skin.

DID YOU KNOW...

The average ear of corn has 800 kernels in 16 rows, and there is one piece of silk for each kernel.

Did You Know?

September was the seventh month of the original Roman calendar. This is where it got its name which means seventh. Later, when January and February were added to the calendar it became the ninth month.

WG=Whole Grain