



**Aurora R-VII  
School District  
ROBINSON  
ELEMENTARY  
BREAKFAST AND  
LUNCH**

# SEPTEMBER BREAKFAST



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 <b>1 Waffles with Syrup</b> Chilled Juice Milk <b>2 General Mills Cereal</b> Whole Grain Toast Juice, Milk <b>3 Oatmeal</b> Whole Grain Toast Juice, Milk	2 <b>1 Apple Cinnamon Oatmeal</b> Pumpkin Muffin Chilled Fruit, Milk <b>2 General Mills Cereal</b> Pumpkin Muffin Chilled Fruit, Milk	3 <b>1 Biscuit and Gravy</b> Sausage Chilled Fruit Milk <b>2 General Mill Cereal</b> Biscuit w/Jelly Chilled Fruit Milk
LABOR DAY! 6	7 <b>1 Breakfast Pizza</b> Fresh Apple Slices Milk <b>2 General Mills Cereal</b> Whole Grain Toast w/Jelly Fresh Apple Slices Milk <b>3 Oatmeal</b> Whole Grain Toast w/Jelly Fresh Apple Slices Milk	8 <b>1 Pancakes</b> Fresh Banana Milk <b>2 General Mills Cereal</b> Whole Grain Cinnamon Toast, Banana, Milk <b>3 Oatmeal</b> Whole Grain Cinnamon Toast, Banana, Milk	9 <b>1 Breakfast Burrito</b> Chilled Fruit, Milk <b>2 General Mills Cereal</b> Pumpkin Muffin w/Jelly Chilled Fruit, Milk <b>3 Oatmeal</b> Pumpkin Muffin w/Jelly Chilled Fruit, Milk	10 <b>1 Biscuit and Gravy</b> Sausage Chilled Fruit, Milk <b>2 General Mills Cereal</b> Biscuit w/Jelly Chilled Fruit, Milk <b>3 Oatmeal,</b> Biscuit w/Jelly Chilled Fruit, Milk
<b>1 Sausage Pancake Stick</b> Tropical Fruit Cup Milk <b>2 General Mills Cereal</b> Cinnamon Whole Grain Toast, Tropical Fruit, Milk <b>3 Oatmeal,</b> Cinnamon Whole Grain Toast, Tropical Fruit, Milk	14 <b>1 Scrambled Eggs w/Ham</b> Hash Brown Triangle Chilled Fruit Milk <b>2 General Mills Cereal</b> Whole Grain Toast w/Jelly Chilled Fruit, Milk	It's Strawberry Waffle Day! 15 <b>1 Waffles Sundae</b> Strawberries Milk <b>2 General Mills Cereal</b> Whole Grain Toast w/Jelly Melon Wedge, Milk <b>3 Oatmeal,</b> Whole Grain Toast w/Jelly Melon Wedge, Milk	16 <b>1 Yogurt Parfait</b> Cinnamon Roll Fresh Melon , Milk <b>2 General Mills Cereal</b> Cinnamon Roll Melon , Milk <b>3 Oatmeal,</b> Cinnamon Roll, Melon , Milk	17 <b>1 Biscuit and Gravy</b> Sausage, Fresh Fruit, Milk <b>2 General Mills Cereal</b> Biscuit w/Jelly Fresh Fruit, Milk <b>3 Oatmeal</b> Biscuit w/Jelly Fresh Fruit, Milk
<b>1 Breakfast Pizza</b> Chilled Fruit Cup Milk <b>2 General Mills Cereal</b> Whole Grain Toast w/Jelly Chilled Fruit Cup, Milk <b>3 Oatmeal</b> Whole Grain Toast w/Jelly Chilled Fruit Cup, Milk	21 <b>1 Scrambled Eggs</b> Whole Grain Toast w/Jelly Tater Tots, Milk <b>2 General Mills Cereal</b> Whole Grain Toast w/Jelly Fresh Orange Smiles, Milk <b>3 Oatmeal,</b> Whole Grain Toast w/Jelly Fresh Orange Smiles, Milk	22 <b>1 French Toast Sticks</b> Fresh Grapes Milk <b>2 General Mills Cereal</b> Whole Grain Toast w/Jelly Fresh Grapes, Milk <b>3 Oatmeal</b> Whole Grain Toast w/Jelly Fresh Grapes, Milk	23 <b>1 Breakfast Burrito</b> Watermelon Milk <b>2 General Mills Cereal</b> Whole Grain Toast w/Jelly Watermelon Milk <b>3 Oatmeal</b> Whole Grain Toast w/Jelly Watermelon Milk	24 <b>1 Biscuits and Gravy</b> Sausage Chilled Fruit, Milk <b>2 General Mills Cereal</b> Biscuits w/Jelly Chilled Fruit, Milk <b>3 Oatmeal</b> Biscuits w/Jelly Chilled Fruit, Milk
<b>1 Pancake Sausage Stick</b> Fresh Orange Smiles Milk <b>2 General Mills Cereal</b> Whole Grain Toast w/Jelly Orange Smiles, Milk <b>3 Oatmeal</b> Whole Grain Toast w/Jelly Orange Smiles, Milk	28 <b>1 Ham, Egg and Cheese Biscuit</b> Hash Brown Triangle Milk <b>2 General Mills Cereal</b> Biscuit w/Jelly Chilled Melon, Milk <b>3 Oatmeal</b> Biscuit w/Jelly Chilled Melon, Milk	29 <b>1 Mini Pancakes</b> Canadian Ham Fresh Grapes, Milk <b>2 General Mills</b> Whole Grain Toast w/Jelly Fresh Grapes, Milk <b>3 Oatmeal,</b> Whole Grain Toast w/Jelly Fresh Grapes, Milk	30 <b>1 Hot Oatmeal</b> Cinnamon Streusel Coffee Cake, Chilled Fruit, Milk <b>2 General Mills Cereal</b> Cinnamon Streusel Coffee Cake, Chilled Fruit, Milk	

Encourage your child to experience the fun of **Extreme Fruits and Vegetables** during this school year. We are planning to offer students some **Extremely Good Missouri Fruits and Vegetables** to sample and Enjoy all month long! We hope you will join us for some fun in the cafeteria. Fruits and Vegetables are very important to good health – “More Matters”.

