



**Kennett School  
District #39  
HIGH SCHOOL  
BREAKFAST  
AND LUNCH**

# SEPTEMBER BREAKFAST



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 <ul style="list-style-type: none"> <li>1 <b>Waffles with Syrup</b> Chilled Juice Milk</li> <li>2 <b>General Mills Cereal</b> Whole Grain Toast Juice, Milk</li> <li>3 <b>Oatmeal</b> Whole Grain Toast Juice, Milk</li> </ul>	2 <ul style="list-style-type: none"> <li>1 <b>Apple Cinnamon Oatmeal</b> Pumpkin Muffin Chilled Fruit, Milk</li> <li>2 <b>General Mills Cereal</b> Pumpkin Muffin Chilled Fruit, Milk</li> </ul>	3 <ul style="list-style-type: none"> <li>1 <b>Biscuits and Gravy</b> Sausage Chilled Fruit Milk</li> <li>2 <b>General Mills Cereal</b> Biscuits w/Jelly Chilled Fruit Milk</li> <li>3 <b>Oatmeal</b> Biscuits w/Jelly Chilled Fruit Milk</li> </ul>
6  LABOR DAY!	7 <ul style="list-style-type: none"> <li>1 <b>Breakfast Pizza</b> Fresh Apple Slices Milk</li> <li>2 <b>General Mills Cereal</b> Whole Grain Toast w/Jelly Fresh Apple Slices Milk</li> <li>3 <b>Oatmeal</b> Whole Grain Toast w/Jelly Fresh Apple Slices Milk</li> </ul>	8 <ul style="list-style-type: none"> <li>1 <b>Pancakes</b> Fresh Banana Milk</li> <li>2 <b>General Mills Cereal</b> Whole Grain Cinnamon Toast, Banana, Milk</li> <li>3 <b>Oatmeal</b> Whole Grain Cinnamon Toast, Banana, Milk</li> </ul>	9 <ul style="list-style-type: none"> <li>1 <b>Breakfast Burrito</b> Chilled Fruit, Milk</li> <li>2 <b>General Mills Cereal</b> Pumpkin Muffin w/Jelly Chilled Fruit, Milk</li> <li>3 <b>Oatmeal</b> Pumpkin Muffin w/Jelly Chilled Fruit, Milk</li> </ul>	10 <ul style="list-style-type: none"> <li>1 <b>Biscuits and Gravy</b> Sausage Chilled Fruit, Milk</li> <li>2 <b>General Mills Cereal</b> Biscuit w/Jelly Chilled Fruit, Milk</li> <li>3 <b>Oatmeal</b>, Biscuit w/Jelly Chilled Fruit, Milk</li> </ul>
13 <ul style="list-style-type: none"> <li>1 <b>Sausage Pancake Stick</b> Tropical Fruit Cup Milk</li> <li>2 <b>General Mills Cereal</b> Cinnamon Whole Grain Toast, Tropical Fruit, Milk</li> <li>3 <b>Oatmeal</b>, Cinnamon Whole Grain Toast, Tropical Fruit, Milk</li> </ul>	14 <ul style="list-style-type: none"> <li>1 <b>Scrambled Eggs w/Ham</b> Hash Brown Triangle Chilled Fruit Milk</li> <li>2 <b>General Mills Cereal</b> Whole Grain Toast w/Jelly Chilled Fruit, Milk</li> <li>3 <b>Oatmeal</b> Whole Grain Toast w/Jelly Chilled Fruit, Milk</li> </ul>	15 It's Strawberry Waffle Day! <ul style="list-style-type: none"> <li>1 <b>Waffles Sundae</b> Strawberries Milk</li> <li>2 <b>General Mills Cereal</b> Whole Grain Toast w/Jelly Melon Wedge, Milk</li> <li>3 <b>Oatmeal</b>, Whole Grain Toast w/Jelly Melon Wedge, Milk</li> </ul>	16 <ul style="list-style-type: none"> <li>1 <b>Yogurt Parfait</b> Cinnamon Roll Fresh Melon Cup, Milk</li> <li>2 <b>General Mills Cereal</b> Cinnamon Roll Melon Cup, Milk</li> <li>3 <b>Oatmeal</b>, Cinnamon Roll, Melon Cup, Milk</li> </ul>	17 <ul style="list-style-type: none"> <li>1 <b>Biscuits and Gravy</b> Sausage, Fresh Fruit, Milk</li> <li>2 <b>General Mills Cereal</b> Biscuit w/Jelly Fresh Fruit, Milk</li> <li>3 <b>Oatmeal</b> Biscuit w/Jelly Fresh Fruit, Milk</li> </ul>
20 <ul style="list-style-type: none"> <li>1 <b>Breakfast Pizza</b> Chilled Fruit Cup Milk</li> <li>2 <b>General Mills Cereal</b> Whole Grain Toast w/Jelly Chilled Fruit Cup, Milk</li> <li>3 <b>Oatmeal</b> Whole Grain Toast w/Jelly Chilled Fruit Cup, Milk</li> </ul>	21 <ul style="list-style-type: none"> <li>1 <b>Scrambled Eggs</b> Whole Grain Toast w/Jelly Tater Tots, Milk</li> <li>2 <b>General Mills Cereal</b> Whole Grain Toast w/Jelly Fresh Orange Smiles, Milk</li> <li>3 <b>Oatmeal</b>, Whole Grain Toast w/Jelly Fresh Orange Smiles, Milk</li> </ul>	22 <ul style="list-style-type: none"> <li>1 <b>French Toast Sticks</b> Fresh Grapes Milk</li> <li>2 <b>General Mills Cereal</b> Whole Grain Toast w/Jelly Fresh Grapes, Milk</li> <li>3 <b>Oatmeal</b> Whole Grain Toast w/Jelly Fresh Grapes, Milk</li> </ul>	23 <ul style="list-style-type: none"> <li>1 <b>Breakfast Burrito</b> Watermelon Milk</li> <li>2 <b>General Mills Cereal</b> Whole Grain Toast w/Jelly Watermelon Milk</li> <li>3 <b>Oatmeal</b> Whole Grain Toast w/Jelly Watermelon Milk</li> </ul>	24 <ul style="list-style-type: none"> <li>1 <b>Biscuits and Gravy</b> Sausage Chilled Fruit, Milk</li> <li>2 <b>General Mills Cereal</b> Biscuits w/Jelly Chilled Fruit, Milk</li> <li>3 <b>Oatmeal</b> Biscuits w/Jelly Chilled Fruit, Milk</li> </ul>
27 <ul style="list-style-type: none"> <li>1 <b>Pancake Sausage Stick</b> Fresh Orange Smiles Milk</li> <li>2 <b>General Mills Cereal</b> Whole Grain Toast w/Jelly Orange Smiles, Milk</li> <li>3 <b>Oatmeal</b> Whole Grain Toast w/Jelly Orange Smiles, Milk</li> </ul>	28 <ul style="list-style-type: none"> <li>1 <b>Ham, Egg and Cheese Biscuit</b> Hash Brown Triangle Milk</li> <li>2 <b>General Mills Cereal</b> Biscuit w/Jelly Chilled Melon, Milk</li> <li>3 <b>Oatmeal</b> Biscuit w/Jelly Chilled Melon, Milk</li> </ul>	29 <ul style="list-style-type: none"> <li>1 <b>Mini Pancakes</b> Canadian Ham Fresh Grapes, Milk</li> <li>2 <b>General Mills</b> Whole Grain Toast w/Jelly Fresh Grapes, Milk</li> <li>3 <b>Oatmeal</b>, Whole Grain Toast w/Jelly Fresh Grapes, Milk</li> </ul>	30 <ul style="list-style-type: none"> <li>1 <b>Hot Oatmeal</b> Cinnamon Streusel Coffee Cake, Chilled Fruit, Milk</li> <li>2 <b>General Mills Cereal</b> Cinnamon Streusel Coffee Cake, Chilled Fruit, Milk</li> </ul>	

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”.

