



SEPTEMBER BREAKFAST



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 <ul style="list-style-type: none"> 1 Waffles with Syrup Chilled Juice Milk 2 General Mills Cereal Whole Grain Toast Juice, Milk 3 Oatmeal Whole Grain Toast Juice, Milk 	2 <ul style="list-style-type: none"> 1 Apple Cinnamon Oatmeal Pumpkin Muffin Chilled Fruit, Milk 2 General Mills Cereal Pumpkin Muffin Chilled Fruit, Milk 	3 <ul style="list-style-type: none"> 1 Biscuit and Gravy Sausage Chilled Fruit Milk 2 General Mills Cereal Biscuit w/Jelly Chilled Fruit Milk 3 Oatmeal Biscuit w/Jelly Chilled Fruit Milk
6 LABOR DAY!	7 <ul style="list-style-type: none"> 1 Breakfast Pizza Fresh Apple Slices Milk 2 General Mills Cereal Whole Grain Toast w/Jelly Fresh Apple Slices Milk 3 Oatmeal Whole Grain Toast w/Jelly Fresh Apple Slices Milk 	8 <ul style="list-style-type: none"> 1 Pancakes Fresh Banana Milk 2 General Mills Cereal Whole Grain Cinnamon Toast, Banana, Milk 3 Oatmeal Whole Grain Cinnamon Toast, Banana, Milk 	9 <ul style="list-style-type: none"> 1 Breakfast Burrito Chilled Fruit, Milk 2 General Mills Cereal Pumpkin Muffin w/Jelly Chilled Fruit, Milk 3 Oatmeal Pumpkin Muffin w/Jelly Chilled Fruit, Milk 	10 <ul style="list-style-type: none"> 1 Biscuit and Gravy Sausage Chilled Fruit, Milk 2 General Mills Cereal Biscuit w/Jelly Chilled Fruit, Milk 3 Oatmeal, Biscuit w/Jelly Chilled Fruit, Milk
13 <ul style="list-style-type: none"> 1 Sausage Pancake Stick Tropical Fruit Cup Milk 2 General Mills Cereal Cinnamon Whole Grain Toast, Tropical Fruit, Milk 3 Oatmeal, Cinnamon Whole Grain Toast, Tropical Fruit, Milk 	14 <ul style="list-style-type: none"> 1 Scrambled Eggs w/Ham Hash Brown Triangle Chilled Fruit Milk 2 General Mills Cereal Whole Grain Toast w/Jelly Chilled Fruit, Milk 3 Oatmeal Whole Grain Toast w/Jelly Chilled Fruit, Milk 	15 It's Strawberry Waffle Day! <ul style="list-style-type: none"> 1 Waffles Sundae Strawberries Milk 2 General Mills Cereal Whole Grain Toast w/Jelly Melon Wedge, Milk 3 Oatmeal, Whole Grain Toast w/Jelly Melon Wedge, Milk 	16 <ul style="list-style-type: none"> 1 Yogurt Parfait Cinnamon Roll Fresh Melon Cup, Milk 2 General Mills Cereal Cinnamon Roll Melon Cup, Milk 3 Oatmeal, Cinnamon Roll, Melon Cup, Milk 	17 <ul style="list-style-type: none"> 1 Biscuit and Gravy Sausage, Fresh Fruit, Milk 2 General Mills Cereal Biscuit w/Jelly Fresh Fruit, Milk 3 Oatmeal Biscuit w/Jelly Fresh Fruit, Milk
20 <ul style="list-style-type: none"> 1 Breakfast Pizza Chilled Fruit Cup Milk 2 General Mills Cereal Whole Grain Toast w/Jelly Chilled Fruit Cup, Milk 3 Oatmeal Whole Grain Toast w/Jelly Chilled Fruit Cup, Milk 	21 <ul style="list-style-type: none"> 1 Scrambled Eggs Whole Grain Toast w/Jelly Tater Tots, Milk 2 General Mills Cereal Whole Grain Toast w/Jelly Fresh Orange Smiles, Milk 3 Oatmeal, Whole Grain Toast w/Jelly Fresh Orange Smiles, Milk 	22 <ul style="list-style-type: none"> 1 French Toast Sticks Fresh Grapes Milk 2 General Mills Cereal Whole Grain Toast w/Jelly Fresh Grapes, Milk 3 Oatmeal Whole Grain Toast w/Jelly Fresh Grapes, Milk 	23 <ul style="list-style-type: none"> 1 Breakfast Burrito Watermelon Milk 2 General Mills Cereal Whole Grain Toast w/Jelly Watermelon Milk 3 Oatmeal Whole Grain Toast w/Jelly Watermelon Milk 	24 No School
27 <ul style="list-style-type: none"> 1 Pancake Sausage Stick Fresh Orange Smiles Milk 2 General Mills Cereal Whole Grain Toast w/Jelly Orange Smiles, Milk 3 Oatmeal Whole Grain Toast w/Jelly Orange Smiles, Milk 	28 <ul style="list-style-type: none"> 1 Ham, Egg and Cheese Biscuit Hash Brown Triangle Milk 2 General Mills Cereal Biscuit w/Jelly Chilled Melon, Milk 3 Oatmeal Biscuit w/Jelly Chilled Melon, Milk 	29 <ul style="list-style-type: none"> 1 Mini Pancakes Canadian Ham Fresh Grapes, Milk 2 General Mills Whole Grain Toast w/Jelly Fresh Grapes, Milk 3 Oatmeal, Whole Grain Toast w/Jelly Fresh Grapes, Milk 	30 <ul style="list-style-type: none"> 1 Hot Oatmeal Cinnamon Streusel Coffee Cake, Chilled Fruit, Milk 2 General Mills Cereal 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”.

