



This institution is an equal opportunity provider.



Nutrition Tip: September is Whole Grains Month! Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



Monday



LABOR DAY

Tuesday

Wednesday

Thursday

Friday

Mini Pancake/Sausage Cereal/Poptart Fruit **1**

Breakfast Burrito Cereal/Poptart Fruit **2**

Cinna Mini Cereal/Poptart Fruit **3**

Grits/Sausage/Toast Cereal/Toast Fruit **4**

7

Breakfast Pizza Cereal/Toast Fruit **8**

French Toast Sticks Cereal/Toast Fruit **9**

Pancake on Stick Cereal/Toast Fruit **10**

Scrambled Eggs/Sausage Toast Cereal/Toast Fruit **11**

14

Chicken Biscuit Cereal/Poptart Fruit

Mini pancake/Sausage Cereal/Toast Fruit **15**

Breakfast Pizza Cereal/Poptart Fruit **16**

Cinna Mini Cereal/Poptart Fruit **17**

Breakfast Burrito Cereal/Poptart **18**

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Bacon-Egg-Cheese Biscuit Cereal/Toast Fruit

French Toast Sticks Cereal/Toast Fruit **22**

Pancake on Stick Cereal/Toast Fruit **23**

Breakfast Burrito Cereal/Toast Fruit **24**

Grits/Sausage/Toast Cereal/Toast Fruit **25**

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Sausage Biscuit Cereal/Poptart

Cinna Mini Cereal/poptart Fruit **29**

Breakfast Pizza Cereal/Poptart Fruit **30**

