

SEPTEMBER BREAKFAST



AW BROWN LEADERSHIP ACADEMY PRE – K BREAKFAST

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|---|--|
| August 30, 2021 | August 31, 2021 | September 1, 2021 | September 2, 2021 | September 3, 2021 |
| | | RICE CHEX ^ Fresh Apple Choice of Milk | WAFFLES ^ Syrup Fresh Banana Choice of Milk | BLUEBERRY MINI MUFFIN ^ Fresh Apple Choice of Milk |
| September 6, 2021 | September 7, 2021 | September 8, 2021 | September 9, 2021 | September 10, 2021 |
| LABOR DAY | CHEERIOS ^ Mixed Fruit Choice of Milk | BANANA MINI MUFFIN ^ Fresh Apple Choice of Milk | CHICKEN BISCUIT ^ Fresh Banana Choice of Milk | CINNAMON TOAST CRUNCH ^ Fresh Apple Choice of Milk |
| September 13, 2021 | September 14, 2021 | September 15, 2021 | September 16, 2021 | September 17, 2021 |
| RICE CHEX ^ Applesauce Choice of Milk | TURKEY HAM & CHEESE ON ENGLISH MUFFIN ^ Diced Peaches Choice of Milk | PLAIN BAGEL ^ Cream Cheese Fresh Apple Choice of Milk | FRENCH TOAST STICKS ^ Fresh Banana Syrup Choice of Milk | STRAWBERRY YOGURT Fresh Apple Choice of Milk |
| September 20, 2021 | September 21, 2021 | September 22, 2021 | September 23, 2021 | September 24, 2021 |
| MULTI GRAIN CHEERIOS^ Diced Pears Choice of Milk | WAFFLES ^ Mixed Fruit Cup Syrup Choice of Milk | CINNAMON TOAST CRUNCH ^ Fresh Apple Choice of Milk | EGG & CHEESE ON ENGLISH MUFFIN ^ Fresh Banana Choice of Milk | BLUEBERRY MINI MUFFIN ^ Fresh Apple Choice of Milk |
| September 27, 2021 | September 28, 2021 | September 29, 2021 | September 30, 2021 | October 1, 2021 |
| RICE CHEX ^ Applesauce Choice of Milk | CHEESY EGG TATER TOT-CHOS Diced Pears Choice of Milk | BANANA MINI MUFFIN ^ Fresh Apple Choice of Milk | PANCAKES ^ Fresh Banana Syrup Choice of Milk | |

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK. ** MENU SUBJECT TO CHANGE **

^ Denotes item is whole-grain/whole wheat

*** This institution is an equal opportunity provider.

Find your school's menus online at: preferredmealsmenu.com



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|----------------|---|-----|---|---|---|-----|-----|----|----|----|-----|-----|-----|-----|----|--------------------|--|
| | CINNAMON TOAST CRUNCH ^ | 120 | 2 | 0 | 0 | 0 | 160 | 22 | 3 | 6 | 1 | 300 | 4 | 60 | 2 | G/B:1sv WG BW-LS | |
| | Fresh Apple | 64 | 0 | 0 | 0 | 0 | 1 | 17 | 3 | 13 | 0 | 4 | 6 | 7 | 0 | F:1c | |
| | Choice of Milk | 121 | 1 | 1 | 0 | 8 | 139 | 19 | 0 | 17 | 8 | 493 | 0 | 302 | 0 | | |
| 09-13-2021 | | | | | | | | | | | | | | | | | |
| | RICE CHEX ^ | 100 | 0 | 0 | 0 | 0 | 250 | 24 | 1 | 2 | 2 | 100 | 6 | 100 | 9 | G/B:1sv WG BW-LS | |
| | Applesauce | 51 | 0 | 0 | 0 | 0 | 2 | 14 | 1 | 12 | 0 | 1 | 1 | 5 | 0 | F:1/2c BW-PLANT | |
| | Choice of Milk | 121 | 1 | 1 | 0 | 8 | 139 | 19 | 0 | 17 | 8 | 493 | 0 | 302 | 0 | | |
| 09-14-2021 | | | | | | | | | | | | | | | | | |
| | TURKEY HAM & CHEESE ON ENGLISH MUFFIN ^ | 187 | 7 | 3 | 0 | 28 | 383 | 23 | 2 | 2 | 11 | 0 | 0 | 110 | 1 | MMA:1oz G/B:2sv WG | |
| | Diced Peaches | 55 | 0 | 0 | 0 | 0 | 1 | 13 | 1 | 12 | 2 | 0 | 4 | 2 | 0 | F:1/2c BW-PLANT | |
| | Choice of Milk | 121 | 1 | 1 | 0 | 8 | 139 | 19 | 0 | 17 | 8 | 493 | 0 | 302 | 0 | | |
| 09-15-2021 | | | | | | | | | | | | | | | | | |
| | PLAIN BAGEL ^ | 180 | 2 | 0 | 0 | 0 | 250 | 35 | 3 | 2 | 7 | 0 | 15 | 40 | 2 | G/B:2sv WG | |
| | Cream Cheese | 70 | 6 | 4 | 0 | 20 | 100 | 1 | 0 | 1 | 2 | 0 | 0 | 240 | 0 | MMA:0.5oz | |
| | Fresh Apple | 64 | 0 | 0 | 0 | 0 | 1 | 17 | 3 | 13 | 0 | 4 | 6 | 7 | 0 | F:1c | |
| | Choice of Milk | 121 | 1 | 1 | 0 | 8 | 139 | 19 | 0 | 17 | 8 | 493 | 0 | 302 | 0 | | |
| 09-16-2021 | | | | | | | | | | | | | | | | | |
| | FRENCH TOAST STICKS ^ | 260 | 8 | 1 | 0 | 10 | 290 | 42 | 2 | 14 | 6 | 0 | 0 | 24 | 1 | G/B:2.25sv WG | |
| | Fresh Banana | 105 | 0 | 0 | 0 | 0 | 1 | 27 | 3 | 14 | 1 | 23 | 10 | 6 | 0 | F:1/2c BW-PLANT | |
| | Syrup | 80 | 0 | 0 | 0 | 0 | 10 | 20 | 0 | 10 | 0 | 0 | 0 | 0 | 0 | | |
| | Choice of Milk | 121 | 1 | 1 | 0 | 8 | 139 | 19 | 0 | 17 | 8 | 493 | 0 | 302 | 0 | | |
| 09-17-2021 | | | | | | | | | | | | | | | | | |
| | STRAWBERRY YOGURT | 70 | 0 | 0 | 0 | 0 | 60 | 14 | 0 | 10 | 4 | 0 | 0 | 150 | 0 | MMA:1oz BW-PRO | |
| | Fresh Apple | 64 | 0 | 0 | 0 | 0 | 1 | 17 | 3 | 13 | 0 | 4 | 6 | 7 | 0 | F:1c | |
| Choice of Milk | 121 | 1 | 1 | 0 | 8 | 139 | 19 | 0 | 17 | 8 | 493 | 0 | 302 | 0 | | | |
| 09-20-2021 | | | | | | | | | | | | | | | | | |
| | MULTI GRAIN CHEERIOS^ | 110 | 1 | 0 | 0 | 0 | 110 | 23 | 3 | 6 | 2 | 300 | 4 | 60 | 11 | G/B:1sv WG BW-LS | |
| | Diced Pears | 56 | 0 | 0 | 0 | 0 | 9 | 15 | 2 | 9 | 2 | 0 | 1 | 1 | 0 | F:1/2c BW-PLANT | |
| | Choice of Milk | 121 | 1 | 1 | 0 | 8 | 139 | 19 | 0 | 17 | 8 | 493 | 0 | 302 | 0 | | |
| 09-21-2021 | | | | | | | | | | | | | | | | | |
| | WAFFLES ^ | 140 | 5 | 0 | 0 | 0 | 190 | 22 | 0 | 2 | 4 | 0 | 0 | 0 | 1 | G/B:2sv WG | |
| | Mixed Fruit Cup | 52 | 0 | 0 | 0 | 0 | 5 | 12 | 1 | 10 | 2 | 5 | 3 | 5 | 0 | F:1/2c BW-PLANT | |
| | Syrup | 80 | 0 | 0 | 0 | 0 | 10 | 20 | 0 | 10 | 0 | 0 | 0 | 0 | 0 | | |
| | Choice of Milk | 121 | 1 | 1 | 0 | 8 | 139 | 19 | 0 | 17 | 8 | 493 | 0 | 302 | 0 | | |

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|------------|----------------------------------|-----|----|---|---|-----|-----|----|---|----|----|-----|----|-----|---|-----------------------|
| 09-22-2021 | CINNAMON TOAST CRUNCH ^ | 120 | 2 | 0 | 0 | 0 | 160 | 22 | 3 | 6 | 1 | 300 | 4 | 60 | 2 | G/B:1sv WG BW-LS |
| | Fresh Apple | 64 | 0 | 0 | 0 | 0 | 1 | 17 | 3 | 13 | 0 | 4 | 6 | 7 | 0 | F:1c |
| | Choice of Milk | 121 | 1 | 1 | 0 | 8 | 139 | 19 | 0 | 17 | 8 | 493 | 0 | 302 | 0 | |
| 09-23-2021 | EGG & CHEESE ON ENGLISH MUFFIN ^ | 210 | 9 | 4 | 0 | 112 | 375 | 23 | 2 | 2 | 10 | 0 | 0 | 130 | 1 | MMA:1.75oz G/B:2sv WG |
| | Fresh Banana | 105 | 0 | 0 | 0 | 0 | 1 | 27 | 3 | 14 | 1 | 23 | 10 | 6 | 0 | F:1/2c BW-PLANT |
| | Choice of Milk | 121 | 1 | 1 | 0 | 8 | 139 | 19 | 0 | 17 | 8 | 493 | 0 | 302 | 0 | |
| 09-24-2021 | BLUEBERRY MINI MUFFIN ^ | 118 | 3 | 0 | 0 | 18 | 74 | 20 | 2 | 8 | 2 | 34 | 1 | 5 | 1 | G/B:1sv WG |
| | Fresh Apple | 64 | 0 | 0 | 0 | 0 | 1 | 17 | 3 | 13 | 0 | 4 | 6 | 7 | 0 | F:1c |
| | Choice of Milk | 121 | 1 | 1 | 0 | 8 | 139 | 19 | 0 | 17 | 8 | 493 | 0 | 302 | 0 | |
| 09-27-2021 | RICE CHEX ^ | 100 | 0 | 0 | 0 | 0 | 250 | 24 | 1 | 2 | 2 | 100 | 6 | 100 | 9 | G/B:1sv WG BW-LS |
| | Applesauce | 51 | 0 | 0 | 0 | 0 | 2 | 14 | 1 | 12 | 0 | 1 | 1 | 5 | 0 | F:1/2c BW-PLANT |
| | Choice of Milk | 121 | 1 | 1 | 0 | 8 | 139 | 19 | 0 | 17 | 8 | 493 | 0 | 302 | 0 | |
| 09-28-2021 | CHEESY EGG TATER TOT-CHOS | 213 | 12 | 4 | 0 | 47 | 585 | 21 | 2 | 3 | 7 | 72 | 2 | 122 | 0 | MMA:1oz V:1/2c S |
| | Diced Pears | 56 | 0 | 0 | 0 | 0 | 9 | 15 | 2 | 9 | 2 | 0 | 1 | 1 | 0 | F:1/2c BW-PLANT |
| | Choice of Milk | 121 | 1 | 1 | 0 | 8 | 139 | 19 | 0 | 17 | 8 | 493 | 0 | 302 | 0 | |
| 09-29-2021 | BANANA MINI MUFFIN ^ | 120 | 3 | 0 | 0 | 18 | 74 | 20 | 2 | 8 | 2 | 33 | 1 | 5 | 1 | G/B:1sv WG |
| | Fresh Apple | 64 | 0 | 0 | 0 | 0 | 1 | 17 | 3 | 13 | 0 | 4 | 6 | 7 | 0 | F:1c |
| | Choice of Milk | 121 | 1 | 1 | 0 | 8 | 139 | 19 | 0 | 17 | 8 | 493 | 0 | 302 | 0 | |
| 09-30-2021 | PANCAKES ^ | 130 | 2 | 0 | 0 | 5 | 240 | 26 | 3 | 6 | 4 | 0 | 0 | 63 | 1 | G/B:2sv WG |
| | Fresh Banana | 105 | 0 | 0 | 0 | 0 | 1 | 27 | 3 | 14 | 1 | 23 | 10 | 6 | 0 | F:1/2c BW-PLANT |
| | Syrup | 80 | 0 | 0 | 0 | 0 | 10 | 20 | 0 | 10 | 0 | 0 | 0 | 0 | 0 | |
| | Choice of Milk | 121 | 1 | 1 | 0 | 8 | 139 | 19 | 0 | 17 | 8 | 493 | 0 | 302 | 0 | |

Meal Contributions : M/MA = Meat/Meat Alternate F = Fruit V = Vegetable G/B = Grain/Bread W/G = Whole Grain
Vegetable Types : DG = Dark Green R/O = Red/Orange L = Legumes S = Starchy O = Other
BeWell Types : BW-PLANT = Plant-Based BW-GF = Good Fat BW-LPP = Lean/Plant Protein BW-LS = Less Sugar
BW-HF = High Fiber Food BW-PRO = Probiotics

Choice of Milk

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