SEPTEMBER





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	

^ 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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Nutritional Information: AW BROWN GENESIS CAMPUS

Nutrition Information and menus are planned using a blended estimate of milk choices served in schools. For individual milk nutrients consult actual labels on cartons served at the school.

	nutrients consult actual labels on cartons served	at the	SCITO	001.												
	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
0																
9-0																
09-01-2021	RICE CHEX ^	100	0	0	0	0	250	24	1	2	2	100	6	100	9	G/B:1sv WG BW-LS
021	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	
	andree of think	121					133	13		1,		133		302		
09-02-2021																
)2-2	WAFFLES ^	140	5	0	0	0	190	22	0	2	4	0	0	0	1	G/B:2sv WG
021	Syrup	80	0	0	0	0	10	20	0	10	0	0	0	0	0	
																E-1/2 - DW DIANT
	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																
09-03-2021	BLUEBERRY MINI MUFFIN ^	118	3	0	0	18	74	20	2	8	2	34	1	5	1	G/B:1sv WG
-202																
12	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	
20																
09-06- 2021																
<u>'</u>	LABOR DAY	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
09-																
-07-2021	CHEERIOS ^	100	2	0	0	0	140	21	3	1	4	300	4	60	9	G/B:1sv WG BW-LS
202	Mixed Fruit	52	0	0	0	0	5	12	1	10	2	5	3	5	0	F:1/2c BW-PLANT
Н.	Princed Fruit	32	U	U	U	U	3	12	1	10				3	0	1.1/2C DW-FLANT
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
09.																
09-08-2021	BANANA MINI MUFFIN ^	120	3	0	0	18	74	20	2	8	2	33	1	5	1	G/B:1sv WG
202		64														F:1c
Η.	Fresh Apple	04	0	0	0	0	1	17	3	13	0	4	6	7	0	File
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
09																
-09-	CHICKEN BISCUIT ^	245	8	1	0	12	465	33	4	5	12	0	0	68	2	MMA:1oz G/B:2.25sv WG
09-09-2021																
Ä	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	
10																

						_										
	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-																
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
021	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-	TURKEY HAM & CHEESE															
09-14-2021	ON ENGLISH MUFFIN ^	187	7	3	0	28	383	23	2	2	11	0	0	110	1	MMA:1oz G/B:2sv WG
μ.	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																
09-15-2021	PLAIN BAGEL ^	180	2	0	0	0	250	35	3	2	7	0	15	40	2	G/B:2sv WG
.202	Cream Cheese	70	6	4	0	20	100	1	0	1	2	0	0	240	0	MMA:0.5oz
н																
	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-																
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
021	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	
05																
09-17-2021	STRAWBERRY YOGURT	70	0	0	0	0	60	14	0	10	4	0	0	150	0	MMA:1oz BW-PRO
-202	Fresh Apple	64	0	0	0	0		17	3	13	0		6	7	0	F:1c
н .	гтезп Арріе	04	U	0	U	U	1	17	3	13	U	4	0	/	U	F:IC
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
09-																
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
021	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																
09-21-2021	WAFFLES ^	140	5	0	0	0	190	22	0	2	4	0	0	0	1	G/B:2sv WG
202:	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	,
	Эугир	00	U	U	U	U	10	20	U	10	U	U	U	0	U	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	

09-																
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
021	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																
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
12	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																
09-24-2021	BLUEBERRY MINI MUFFIN ^	118	3	0	0	18	74	20	2	8	2	34	1	5	1	G/B:1sv WG
2021	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																
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
2021	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																
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
21	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																
09-29-2021	BANANA MINI MUFFIN ^	120	3	0	0	18	74	20	2	8	2	33	1	5	1	G/B:1sv WG
2021	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-	PANCAKES ^	130	2	0	0	5	240	26	3	6	4	0	0	63	1	G/B:2sv WG
09-30-2021	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	

W/G = Whole Grain

Allergen Information: AW BROWN GENESIS CAMPUS

ALLERGEN WARNING: This menu is for reference only, and the food products delivered to schools are subject to change without notice. Accurate and up-to-date ingredient information regarding ingredients – including the 8 major food allergens – is available on the product label at your school. To avoid exposure to these food allergens, refer to the actual product label. FAILURE TO DO SO MAY RESULT IN INADVERTENT EXPOSURE TO FOOD ALLERGENS.

	ALLERGENS.	ì		1			ì		
		3		Peanut	Tree Nut	7	Shellfish	(0	Wheat
	Item Name	Milk	Egg	nut	튜	Fish	ish	Soy	eat
09									
09-01-2021	RICE CHEX ^								
2021									
	Fresh Apple								
	Choice of Milk	Х							
09-									
09-02-2021	WAFFLES ^	х	х					х	х
021	Syrup								
	Fresh Banana								
	Choice of Milk	X							
09-0									
09-03-2021	BLUEBERRY MINI MUFFIN ^	Х	Х					Х	X
21	Fresh Apple								
	Choice of Milk	х							
20									
09-06- 2021	LADOD DAV								
	LABOR DAY								
09-0									
09-07-2021	CHEERIOS ^								
21	Mixed Fruit								
	Choice of Milk	х							
90									
09-08-2021	BANANA MINI MUFFIN ^	Х	Х					Х	Х
2021		^	^					^	^
	Fresh Apple								
	Choice of Milk	Х							
09-									
09-09-2021	CHICKEN BISCUIT ^	x						X	х
021	Fresh Banana								

	Choice of Milk	Х						
09								
09-10-2021	CINNAMON TOAST CRUNCH ^						Х	Х
021	Fresh Apple							
	Choice of Milk	Х						
09								
09-13-2021	RICE CHEX ^							
021	Applesauce							
	Choice of Milk	Х						
09.								
09-14-2021	TURKEY HAM & CHEESE ON ENGLISH MUFFIN ^	x					X	Х
021	Diced Peaches	Α						
	Choice of Milk	X						
000	Silver Si							
09-15-2021	PLAIN BAGEL ^						Х	Х
2021	Cream Cheese	X					^	
	Fresh Apple							
	Choice of Milk	Х						
09								
09-16-2021	FRENCH TOAST STICKS ^	X	Х				Х	Х
2021	Fresh Banana							
	Syrup							
	Choice of Milk	Х						
09								
09-17-2021	STRAWBERRY YOGURT	Х						
021	Fresh Apple							
	Choice of Milk	Х						
09			•	•	•	•	•	-
09-20-2021	MULTI GRAIN CHEERIOS^							
021	Diced Pears							
	Choice of Milk	Х						
21								

	WAFFLES ^	Х	Х			Х	Х
	Mixed Fruit Cup						
	Syrup						
	Choice of Milk	Х					
09-							
09-22-2021	CINNAMON TOAST CRUNCH ^					Х	Х
021	Fresh Apple						
	Choice of Milk	Х					
99							
09-23-2021	EGG & CHEESE ON ENGLISH MUFFIN ^	X	X			Х	X
<u> </u>	Fresh Banana						
	Choice of Milk	Х					
09-							
09-24-2021	BLUEBERRY MINI MUFFIN ^	Х	Х			Х	Х
)21	Fresh Apple						
	Choice of Milk	Х					
09-:							
09-27-2021	RICE CHEX ^						
)21	Applesauce						
	Choice of Milk	Х					
09-:							
09-28-2021	CHEESY EGG TATER TOT-CHOS	X	X			X	
)21	Diced Pears						
	Choice of Milk	Х					
09							
09-29-2021	Banana mini muffin ^	Х	Х			Х	Х
021	Fresh Apple						
	Choice of Milk	Х					
09-							
09-30-2021	PANCAKES ^	Х	Х			Х	Х
021	Fresh Banana						
	Syrup						

Choice of Milk	Х				