

Breakfast Meal Pattern - K-8th

Select a minimum of 3 components

Fruit/ Vegetable = minimum 1 cup

--fruit juice and/or vegetable

Whole grain rich (WG) selection(s) =minimum 1oz -- biscuit, roll, muffin,
bread, cereal**1 milk** = 1 cup

-- fluid milk

1% and 1% chocolate served daily

**Menu is subject to change
based on product availability****This institution is an
equal opportunity
provider.****September 2023****Breakfast Calendar****City Day**

| | Mon | Tue | Wed | Thu | Fri |
|-----------------------------------------------------------------------|-----|-----------------------------------------------------------------------------|-----------------------------------------------------------------------|--------------------------------------------------------------------|-------------------------------------------------------------------------|
| | | | | | 1 Mini Muffins String Cheese 100% Fruit Juice Apple |
| 4 NO SCHOOL THANK YOU FOR YOUR HARD WORK | | 5 Cold Cereal w/Goldfish 100% Fruit Juice Strawberry Craisins | 6 Pop Tart Cheese Stick 100% Fruit Juice Apple Slices | 7 Cereal Bar Yogurt 100% Fruit Juice Strawberry Craisins | 8 Super Donut GoGurt 100% Fruit Juice Apples |
| 11 Teddy Graham Cold Cereal 100% Fruit Juice Cherry Craisins | | 12 Strawberry CC Bagel Cheddar Goldfish 100% Fruit Juice Banana | 13 Cereal Bar Cheese Sticks 100% Fruit Juice Craisins | 14 Super Donut Yogurt 100% Fruit Juice Fruit Cup | 15 NO SCHOOL |
| 18 Cold Cereal w/ Goldfish 100% Fruit Juice Craisins | | 19 Scooby Sticks Yogurt 100% Fruit Juice Craisins | 20 Cookies & Cream Granola Bar Apple Slices 100% Fruit Juice | 21 Super Donut String Cheese 100% Fruit Juice Apple | 22 Cinnamon Roll Cinn Goldfish 100% Fruit Juice Applesauce Cup |
| 25 Pop Tart w/ Goldfish 100% Fruit Juice Craisins | | 26 Cold Cereal Chat Snax 100% Fruit Juice Banana | 27 Banana Bread Cheese Sticks 100% Fruit Juice Craisins | 28 Cereal Bar Yogurt 100% Fruit Juice Strawberry Craisins | 29 Soft Cinnamon Toast CC Pastry 100% Fruit Juice Apple Slices |