

September 2016

Elementary

BREAKFAST

Menu Information: Juice, Fruit and Milk are offered with Breakfast. All grains served at Breakfast are whole grain rich.

(Fresh Fruit/Vegetable Program) snack of the day. Encourage your child to try a new fruit/vegetable when offered.

Nutrition Tip: Drink plenty of water. Our bodies are about 60% water. Drinking water helps our body systems running smoothly, optimize metabolism, boost energy levels, and promote good digestion.

USDA is an Equal Opportunity Provider and Employer.

Monday



Tuesday



Wednesday



Thursday

Friday

NO SCHOOL
LABOR DAY

5

Ham & Egg Bar

6

Sausage/Cheese Biscuit

7

Mini Pancakes

1

WG Long john

2

(Plum)

Yogurt
Mini Muffin Loaf

12

Mini Waffles

13

Sausage/Pancake
on a Stick

14

Apple Filled Breadstick

15

Ultimate Breakfast
Oatmeal Round

16

(Pluot)

(Cucumbers)

Egg/Cheese Sandwich

19

Mini French Toast

20

Sausage & Cheese
Flatbread

21

Cinnamon-filled Pancakes

22

NO SCHOOL

23

(Melon)

(Snow Peas)

TEACHER COLLABORATION
DAY

Ham & Egg Bar

26

Yogurt
WG Muffin

27

Breakfast Pizza

28

Sausage Bites

29

WG Long John

30

(Kiwi)

(Beets)