

September 2016

Step Ahead Breakfast-Snack

BREAKFAST



Information: Juice, Fruit and Milk are offered with Breakfast. All grains served at Breakfast are whole grain rich.
 **AM/PM Snack served w/Milk
 (Fresh Fruit/Vegetable Program) snack of the day. Encourage

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.
 September is Whole Grain Month

USDA is an Equal Opportunity Provider and Employer.

Monday

Tuesday

Wednesday

Thursday

Friday



Ham Patty
Mini Pancakes **1**

(Plum)

NO CLASS **2**

NO SCHOOL
LABOR DAY **5**

Ham & Egg Bar
WG Toast **6**

(Cantaloupe)

Sausage/Cheese Biscuit **7**

(Apple Slices w/Yogurt Dip)

Scrambled Eggs
Cinnamon Roll **8**

(Peppers)

NO CLASS **9**

Yogurt
Cheese Stick
Mini Muffin Loaf **12**

(Animal Crackers)

Boiled Eggs
Oatmeal **13**

(Pluots)

Sausage/Pancake
on Stick **14**

(Celery Sticks w/Cheese)

Cottage Cheese
Apple-filled Breadstick **15**

(Cucumbers)

NO CLASS **16**

Egg & Cheese Sandwich **19**

(Cereal Bars)

Ham Patty
Mini French Toast **20**

(Melon)

Sausage/Cheese
Flatbread **21**

(Snow Peas)

Scrambled Eggs
Cinnamon-filled Pancakes **22**

NO CLASS **23**

Ham & Egg Bar
WG Toast **26**

(Pop Tarts)

Yogurt
Cheese Stick
WG Muffin **27**

*(Kiwi)

Breakfast Pizza **28**

(Banana)

Pancake wrapped
Sausage Bites **29**

*(Beets)

NO CLASS **30**