

# SEPTEMBER BREAKFAST

## DID YOU KNOW?

We only serve milk that is rBST-free. That means it is from cows not treated with any hormones, ensuring your milk is only made of the good stuff like calcium, vitamin D and protein!



Don't forget to grab a carton of low-fat or non-fat milk with breakfast!

**Breakfast:** choice of 1% or fat-free milk; fresh fruit served daily except when fruit juice is offered twice per week.

**Dairy-free (DF) and vegetarian (V)** options available daily – if not listed on the menu, available upon request.

Chef reserves the right to change menu for seasonality and new menu innovation.

revolution foods

### MONDAY

2

- corn chex & giant cinnamon graham goldfish (df)
- cinnamon "dipperdoodle" bar (df)

9

- zac omega fruit-filled blackberry bar (df)
- multigrain cheerios & educational snacks

16

- cheerios & animal crackers (df) (v)
- cinnamon "dipperdoodle" bar (df)

23

- zee zees cinnamon bar (df) (v)
- corn chex & educational snacks

30

- corn chex & giant cinnamon graham goldfish (df)
- yogurt & honey grahams

### TUESDAY

3

- cheerios & animal crackers (df) (v)
- yogurt & honey grahams

10

- hot buttermilk pancakes (v)
- plain bagel & cream cheese
- autumn spice muffin

17

- hot cinnamon toast bagel
- banana muffin
- cinnamon chex (DF)

24

- hot combread & omelet (v)
- blueberry bagel & cream cheese
- yogurt & granola

### WEDNESDAY

4

- hot chicken sausage & cheese breakfast biscuit sandwich
- blueberry bagel & cream cheese
- cinnamon crumbles

11

- combread, sausage & egg scramble
- cinnamon chex & zac attack strawberry bar
- turkey cheddar brekwich

18

- hot cheesy bean breakfast burrito (v)
- cinnamon raisin bagel
- multigrain cheerios & educational snacks

25

- hot egg, cheese & sausage quesadila
- autumn spice muffin
- zee zees berry apple bar (df)

### THURSDAY

5

- hot apple pancake bowl (counts as 1 serving of fruit)
- french toast muffin
- zee zees berry apple bar (df)

12

- hot egg, cheese, & green chilie "panada pie"
- strawberry yogurt parfait (counts as 1 serving of fruit)
- mini lemon muffin & string cheese

19

- hot peach pancake bowl (counts as 1 serving of fruit)
- cinnamon crumbles
- zac omega fruit-filled blackberry bar (df)

26

- hot french toast sticks (v)
- multigrain cheerios & educational snacks
- bagel & cheese sandwich

### FRIDAY

6

- hot breakfast enchilada scramble with scoops (v)
- cinnamon raisin bagel
- lemon muffin

13

- hot cheese omelet & french toast sticks
- blueberry bagel & cream cheese
- zee zees berry apple bar (df)

20

- hot chicken sausage & omelet gordita
- plain bagel & cream cheese
- mini lemon muffin & string cheese

27

- hot chicken sausage & cheese breakfast biscuit sandwich
- cheerios & animal crackers (df) (v)
- banana muffin





