



September/October 2019

Rise & Shine Breakfast Program

Monday	Tuesday	Wednesday	Thursday	Friday
23 Golden Graham Cereal Graham Crackers Fresh Whole Fruit Choice of Milk	24 Bagel with Cream Cheese Fresh Whole Fruit Assorted Fruit Juice Choice of Milk	25 Fruity Cheerio Cereal Graham Crackers Fresh Whole Fruit Choice of Milk	26 Blueberry Muffin Fresh Whole Fruit Assorted Fruit Juice Choice of Milk	27 Apple Cinnamon Cheerio Cereal Bar Fresh Whole Fruit Choice of Milk
30 Cinnamon Toast Crunch Cereal Graham Crackers Fresh Whole Fruit Choice of Milk	1 Bagel with Cream Cheese Fresh Whole Fruit Assorted Fruit Juice Choice of Milk	2 Frosted Strawberry Pop Tart Fresh Whole Fruit Choice of Milk	3 Chocolate Chip Muffin Fresh Whole Fruit Assorted Fruit Juice Choice of Milk	4 NEW ITEM Raspberry Rainbow Yogurt Graham Crackers Fresh Whole Fruit Choice of Milk
7 NEW ITEM Strawberry Cheerio Cereal Bar Graham Crackers Fresh Whole Fruit Choice of Milk	8 Bagel with Cream Cheese Fresh Whole Fruit Assorted Fruit Juice Choice of Milk	9 Rice Krispies Cereal Graham Crackers Fresh Whole Fruit Choice of Milk	10 Apple Cinnamon Muffin Fresh Whole Fruit Assorted Fruit Juice Choice of Milk	11 Cinnamon Toast Crunch Cereal Bar Fresh Whole Fruit Choice of Milk
14 NEW ITEM Frosted Corn Flake Cereal Graham Crackers Fresh Whole Fruit Choice of Milk	15 Bagel with Cream Cheese Fresh Whole Fruit Assorted Fruit Juice Choice of Milk	16 Apple Cinnamon Cheerio Cereal Fresh Whole Fruit Choice of Milk	17 Banana Muffin Fresh Whole Fruit Assorted Fruit Juice Choice of Milk	18 NEW ITEM Cherry Yogurt Graham Crackers Fresh Whole Fruit Choice of Milk
21 Cheerio Cereal Graham Crackers Fresh Whole Fruit Choice of Milk	22 Bagel with Cream Cheese Fresh Whole Fruit Assorted Fruit Juice Choice of Milk	23 Cinnamon Toast Crunch Cereal Graham Crackers Fresh Whole Fruit Choice of Milk	24 Blueberry Muffin Fresh Whole Fruit Assorted Fruit Juice Choice of Milk	25 Golden Graham Cereal Bar Fresh Whole Fruit Choice of Milk

The RISE & Shine Breakfast program is complimentary to all students Pre-K to 8th grade.



BREAKFAST: A full student breakfast includes a choice of entree supplying grain and/or protein, two (2) fruit side dishes and choice of milk. Milk choices include 1% white and skim chocolate. This institution is an equal opportunity provider.

Find menus, nutrition, allergen information and more online or on your phone!

Download School Menus by Nutrislice to your smartphone from the App Store or visit: Bellevilleschools.nutrislice.com

