

September 2019

CCA MI-HI BREAKFAST

**BREAKFAST IS
FREE FOR ALL CCA
STUDENTS**

COLD BREAKFAST CHOICES:

ASSORTED
CEREAL,
MUFFINS,
BAGELS*,
GRANOLA BARS,
POP TARTS,
GRAHAMS*,
*BREAKFAST
BREAD* AND
FRESH FRUIT,
FRUIT CUPS OR
100% JUICE
ASSORTED LOW
FAT MILK, YOGURT
AND STRING
CHEESE SERVED
DAILY

*BREAKFAST
CONSISTS OF
WHOLE GRAINS
A FRESH FRUIT &
OR 100% JUICE
AND A LOW FAT
DAIRY*

*Students are
required to take 1/2
cup of fruit &/or
vegetables for their
meal to qualify as a
lunch OR breakfast*

**=WHOLE GRAIN
DIETARY
CONCERNS
PLEASE CALL
FOOD SERVICES @
231-796-9041 EXT
251*

**THIS INSTITUTION
IS AN EQUAL
OPPORTUNITY
PROVIDER**

Monday	Tuesday	Wednesday	Thursday	Friday
LABOR DAY NO SCHOOL 2	BREAKFAST BURRITO* 3	COLD 4	BREAKFAST PIZZA* 5	COLD 6
COLD 9	CHEESE OMLELET BLUEBERRY MUFFIN* 10	COLD 11	STRAWBERRY PARFAIT* 12	COLD 13
COLD 16	PANCAKE & SAUSAGE DUNKER SYRUP CUP 17	COLD 18	ASSORTED MINNIS* 19	COLD 20
COLD 23	BOSCO BREAKFAST STICK* 24	COLD 25	SAUSAGE BISCUIT SANDWICH 26	COLD 27

Did You Know?

September was the seventh month of the original Roman calendar. This is where it got its name which means seventh. Later, when January and February were added to the calendar it became the ninth month.