




## K-12 Cairo Jr. & Sr High School September Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3. No School Labor Day	4. <b>Turkey Ham Flatbread</b>  Fresh Orange Grape Juice	5. Berry Parfait w/ Granola  Fresh Banana Orange Juice	6. <b>Denver Breakfast Bowl</b>  Chilled Pineapple Tidbits Apple Juice	7. Biscuit & Gravy  Red Apple Halve Orange Juice
10. Breakfast Pizza  Fresh Red Grapes Apple Juice	11. <b>Southwest Breakfast Bowl</b>  Fresh Orange Wedges Fruit Punch Juice	12. Turkey Ham & Cheese Burrito  Fresh Banana Orange Juice	13. Pancakes w/ Syrup  Chilled Cantaloupe Grape Juice	14. Biscuit & Gravy  Fruit Cocktail Apple Juice
17. Breakfast Pizza  Fresh Red Seedless Grapes Apple Juice	18. Pancakes w/ Syrup  Fresh Whole Red Delicious Apple	19. <b>Ham &amp; Egg Breakfast Flatbread</b>  Fresh Orange Grape Juice	20. <b>Denver Breakfast Bowl</b>  Chilled Peaches Orange Juice	21. Biscuit & Gravy  Honey Dew Cubes Fruit Punch Juice
24. Breakfast Pizza  Cinnamon Orange Smiles Grape Juice	25. Cinnamon Rolls  Fresh Banana Apple Juice	26. Blueberry Yogurt Parfait w/ Granola  Red Delicious Apple Halve Fruit Punch Juice	27. <b>Southwest Breakfast Bowl</b>  Pineapple Tidbits Orange Juice	28. Sausage Biscuit  Chilled Peaches Apple Juice
 <p>This month we're celebrating <b>tomatoes</b></p>				
<b>Daily Alternates</b>				
Assorted Muffins & Cereal	Assorted Muffins & Cereal	Assorted Muffins & Cereal	Assorted Muffins & Cereal	Assorted Muffins & Cereal
Paired w/ String Cheese Graham Cracker or Yogurt	Paired w/ String Cheese Graham Cracker or Yogurt	Paired w/ String Cheese Graham Cracker or Yogurt	Paired w/ String Cheese Graham Cracker or Yogurt	Paired w/ String Cheese Graham Cracker or Yogurt

**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.





Please update the bottom of each menu with the Food Focus of the Month as applicable to your menus:



This month  
we're celebrating  
**cranberries**



This month  
we're celebrating  
**tomatoes**



This month  
we're celebrating  
**berries**



This month  
we're celebrating  
**autumn squash**

