

# BREAKFAST



This institute is an equal opportunity provider.  
Menu subject to change

**SSD September 2024**

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
<i>Labor Day No School</i>	<i>Breakfast Burrito Day!</i> Breakfast Burrito or Cereal Bowl (WG) w/Graham Crackers Mixed Fruit or Applesauce Grape Juice Choice of Milk	<i>Breakfast Sandwich Day!</i> Breakfast Sandwich or Bagel (WG) Peaches or Craisins Apple Juice Choice of Milk	<i>Mini Waffle Day!</i> Mini Waffles (WG) Egg Patty or Granola Bites w/String Cheese Pears or Applesauce Cup Grape Juice Choice of Milk	<i>Oatmeal Friday!</i> Hot Oatmeal Bar or Cereal Bowl (WG) w/Graham Crackers Oranges or Raisins Orange Juice Choice of Milk
9	10	11	12	13
<i>Bagel Day!</i> Bagel (WG) w/Cream Cheese or Muffin (WG) w/Graham Crackers Apples or Raisins Apple Juice Choice of Milk	<i>French Toast Day!</i> French Toast Breakfast Sausage Hash Browns or Cereal Bowl (WG) w/Graham Crackers Mixed Fruit or Applesauce Grape Juice Choice of Milk	<i>Breakfast Pizza Day!</i> Breakfast Pizza or Bagel (WG) w/Cream Cheese Peaches or Craisins Apple Juice Choice of Milk	<i>Pancake Day!</i> Pancakes Sausage Patty or String Cheese w/Granola Bites Mixed Fruit or Applesauce Grape Juice Choice of Milk	<i>Oatmeal Friday!</i> Hot Oatmeal Bar or Cereal Bowl (WG) w/Graham Crackers Oranges or Raisins Orange Juice Choice of Milk
16	17	18	19	20
<i>Bagel Day!</i> Bagel (WG) w/Cream Cheese or Muffin (WG) w/Graham Crackers Apples or Raisins Apple Juice Choice of Milk	<i>Egg &amp; Cheese Omelet Day!</i> Egg & Cheese Omelet or Cereal Bowl (WG) w/Graham Crackers Mixed Fruit or Applesauce Grape Juice Choice of Milk	<i>Breakfast Tornado Day!</i> Breakfast Tornadoes or Bagel (WG) w/Cream Cheese Peaches or Craisins Apple Juice Choice of Milk	<i>French Toast Day!</i> French Toast Breakfast Sausage Hash Browns or String Cheese w/Granola Bites Pears or Applesauce Grape Juice Choice of Milk	<i>Oatmeal Friday!</i> Hot Oatmeal Bar or Cereal Bowl (WG) w/Graham Crackers Oranges or Raisins Orange Juice Choice of Milk
23	24	25	26	27
<i>Bagel Day!</i> Bagel (WG) w/Cream Cheese or Muffin (WG) w/Graham Crackers Apples or Raisins Apple Juice Choice of Milk	<i>Pancake Day!</i> Pancakes Sausage Patty or Cereal Bowl (WG) w/Graham Crackers Mixed Fruit or Applesauce Grape Juice Choice of Milk	<i>Breakfast Taco Day!</i> Breakfast Taco or Bagel (WG) w/Cream Cheese Peaches or Craisin Apple Juice Choice of Milk	<i>Biscuits &amp; Gravy Day!</i> Biscuits (WG) & Country Gravy or English Muffin (WG) w/Sugar Free Jam Pears or Applesauce Grape Juice Choice of Milk	<i>Oatmeal Friday!</i> Hot Oatmeal Bar or Cereal Bowl (WG) w/Graham Crackers Oranges or Raisins Orange Juice Choice of Milk

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<i>Bagel Day!</i> Bagel (WG) w/Cream Cheese or Muffin (WG) w/Graham Crackers Apples or Raisins Apple Juice Choice of Milk

**nutrition corner**

**Pears**

- Promotes gut health
- Rich in fiber
- Anti-inflammatory
- Boost heart health

Choose MyPlate.gov

healthline.com

**SERVED LOW FAT ALL DAY**  
& CHOCOLATE MILK

**FRESH & CANNED FRUIT**

# LUNCH



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Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
<i>Labor Day No School</i>	<i>Pulled Pork Sandwich Day!</i> Pulled Pork Bun (WG) Baked Beans Fresh Oranges Choice of Milk	<i>Popcorn Chicken Day</i> Popcorn Chicken w/Orange Sauce Brown Rice Green Peas Peaches Choice of Milk	<i>Mac &amp; Cheese Day!</i> Macaroni & Cheese w/Ham Carrots Fresh Apples Choice of Milk	<i>Pizza Friday</i> Pepperoni, Specialty, or Cheese Pizza Broccoli Pineapple Choice of Milk
9	10	11	12	13
<i>Chicken Sandwich</i> Chicken Patty (WG) Bun (WG) Corn Applesauce Choice of Milk	<i>Taco Tuesday!</i> Beef, Tortilla & Rice Refried Beans Fresh Oranges Choice of Milk	<i>Chicken &amp; Waffles!</i> Chicken & Waffles (WG) Green Beans Mixed Fruit Choice of Milk	<i>Pasta Day!</i> Meat Sauce Pasta (WG) Carrots Fresh Apples Choice of Milk	<i>Pizza Friday</i> Pepperoni, Specialty, or Cheese Pizza Broccoli Pineapple Choice of Milk
16	17	18	19	20
<i>Chicken Drumsticks</i> Chicken Drumsticks Dinner Rolls (WG) Mashed Potatoes Applesauce Choice of Milk	<i>Corn Dog Day!</i> Corn Dog Baked Beans Fresh Orange Choice of Milk	<i>Chicken Taco Day!</i> Chicken Taco Tortilla (WG) Mixed Veggies Peaches Choice of Milk	<i>Lasagna Day!</i> Meat Lasagna Dinner Rolls (WG) Carrots Fresh Apples Choice of Milk	<i>Pizza Friday</i> Pepperoni, Specialty, or Cheese Pizza Broccoli Pineapple Choice of Milk
23	24	25	26	27
<i>Chicken or Fish!</i> Chicken Nuggets or Fish Sticks Potato Wedges Applesauce Choice of Milk	<i>Chili Dog Day!</i> Hot Dog Chili w/Beans Hot Dog Bun (WG) Fresh Oranges Choice of Milk	<i>Sloppy Joe Day!</i> Sloppy Joe Beef Bun (WG) Seasoned Mixed Veggies Mixed Fruit Choice of Milk	<i>Pasta Day!</i> Chicken Alfredo Pasta (WG) Carrots Pears Choice of Milk	<i>Pizza Friday</i> Pepperoni, Specialty, or Cheese Pizza Broccoli Pineapple Choice of Milk

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*Brunch for Lunch*  
French Toast (WG)  
Breakfast Sausage  
Hash Browns  
Applesauce  
Choice of Milk



## nutrition corner

### Apples

- Rich in antioxidants
  - Linked to a lower chance of heart disease
  - Apples may reduce your risk of type 2 diabetes
- healthline.com

SERVED  
LOW FAT  
& CHOCOLATE MILK

FRESH  
& CANNED FRUIT

ILLY