

# September 2017

## Ralph Askins Elementary

### BREAKFAST



**\*\* USDA is an equal opportunity employer & provider\*\***

**\*\* Manager reserves the right to change menu due to food availability\*\***

**\*\*Breakfast includes: Choice of (1) Grain entrée, Milk and Fruit/Juice\*\***



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



### Monday

### Tuesday

### Wednesday

### Thursday

### Friday



Chicken Biscuit  
Cinn Toast Crunch Cereal  
Milk  
Orange Juice  
Pineapple Tidbits **1**

Sausage Biscuit  
Lucky Charms Cereal  
Milk  
Apple Juice  
Diced Peaches **4**

Bacon-Egg-Chz Bagel  
Choc Chip Oatmeal Bar  
Milk  
Orange Juice  
Mixed Fruit **5**

Chicken Biscuit  
Choc Chip Muffin  
Milk  
Grape Juice  
Applesauce **6**

Bacon Biscuit  
Keebler Graham Gripz  
Milk  
Apple Juice  
Diced Pears **7**

Chicken Biscuit  
Cinn Toast Crunch Cereal  
Milk  
Orange Juice  
Pineapple Tidbits **8**

Bacon Biscuit  
Lucky Charms Cereal  
Milk  
Apple Juice  
Diced Peaches **11**

Sausage/Egg Biscuit  
Apple Frudel  
Milk  
Grape Juice  
Applesauce **12**

Egg & Chz Omelet w/Muffin  
Choc Chip Oatmeal Bar  
Milk  
Orange Juice  
Mixed Fruit **13**

Pancakes w/syrup  
Keebler Graham Gripz  
Milk  
Apple Juice  
Diced Pears **14**

Chicken Biscuit  
Cinn Toast Crunch Cereal  
Milk  
Orange Juice  
Pineapple Tidbits **15**

Sausage Biscuit  
Lucky Charms Cereal  
Milk  
Apple Juice  
Diced Peaches **18**

Bacon-Egg-Chz Bagel  
Choc Chip Oatmeal Bar  
Milk  
Orange Juice  
Mixed Fruit **19**

Chicken Biscuit  
Choc Chip Muffin  
Milk  
Grape Juice  
Applesauce **20**

Bacon Biscuit  
Keebler Graham Gripz  
Milk  
Apple Juice  
Diced Pears **21**

Chicken Biscuit  
Cinn Toast Crunch Cereal  
Milk  
Orange Juice  
Pineapple Tidbits **22**

Bacon Biscuit  
Lucky Charms Cereal  
Milk  
Apple Juice  
Diced Peaches **25**

Sausage/Egg Biscuit  
Apple Frudel  
Milk  
Grape Juice  
Applesauce **26**

Egg & Chz Omelet w/Muffin  
Choc Chip Oatmeal Bar  
Milk  
Orange Juice  
Mixed Fruit **27**

Pancakes w/syrup  
Keebler Graham Gripz  
Milk  
Apple Juice  
Diced Pears **28**

Chicken Biscuit  
Cinn Toast Crunch Cereal  
Milk  
Orange Juice  
Pineapple Tidbits **29**