

**SEPTEMBER 2017 Knob Noster High School Breakfast Menu**

Grab and Go breakfast available every day

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
				<b>Fri-9-1-2017</b> Whole Grain Biscuit Biscuit Gravy Sausage Link Fruit Fruit Juice Hiland Milk Or cereal, juice and milk
<b>Mon-9-4-2017</b>  Labor Day  NO SCHOOL	<b>Tues-9-5-2017</b> Omelet Colby Cheese Whole Wheat toast Fresh fruit Fruit Juice Hiland Milk Or Cereal, Juice and Milk	<b>Wed-9-6-2017</b> Breakfast Pizza Fruit Fruit Juice Hiland Milk Or cereal, juice and milk	<b>Thur-9-7-2017</b> Whole Grain Pancake Wrap Fruit Fruit Juice Hiland Milk Or cereal, juice and milk	<b>Fri-9-8-2017</b> Whole Grain Biscuit Biscuit Gravy Sausage Link Fruit or Fruit Juice Hiland Milk Or cereal, juice and milk
<b>Mon-9-11-2017</b> Pancakes Syrup Fruit Fruit Juice Hiland Milk Or cereal, juice and milk	<b>Tues-9-12-2017</b> Breakfast Burrito Fresh fruit Fruit Juice Hiland Milk Or cereal, juice and milk	<b>Wed-9-13-2017</b> Cinnamon Swirl Cake Yogurt Fruit Fruit Juice Hiland Milk Or cereal, juice and milk	<b>Thur-9-14-2017</b> Pillsbury French Toast Syrup Fruit Fruit Juice Hiland milk Or cereal, juice and milk	<b>Fri-9-15-2017</b> Whole Grain Biscuit Biscuit Gravy Sausage Link Fruit or Fruit Juice Hiland Milk Or cereal, juice and milk
<b>Mon-9-18-2017</b> Sausage Biscuit Fruit Fruit Juice Hiland Milk Or cereal, juice and milk	<b>Tues-9-19-2017</b> Omelet Colby Cheese Whole Wheat toast Fresh fruit Fruit Juice Hiland Milk Or Cereal, Juice and Milk	<b>Wed-9-20-2017</b> Breakfast Pizza Fruit Fruit Juice Hiland Milk Or cereal, juice and milk	<b>Thur-9-21-2017</b> Whole Grain Pancake Wrap Fruit Fruit Juice Hiland Milk Or cereal, juice and milk	<b>Fri-9-22-2017</b> Whole Grain Biscuit Biscuit Gravy Sausage Link Fruit or Fruit Juice Hiland Milk Or cereal, juice and milk
<b>Mon-9-25-2017</b> Pancakes Syrup Fruit Fruit Juice Hiland Milk Or cereal, juice and milk	<b>Tues-9-26-2017</b> Breakfast Burrito Fresh fruit Fruit Juice Hiland Milk Or cereal, juice and milk	<b>Wed-9-27-2017</b> Cinnamon Swirl Cake Yogurt Fruit Fruit Juice Hiland Milk Or cereal, juice and milk	<b>Thurs-9-28-2017</b> Pillsbury French Toast Syrup Fruit Fruit Juice Hiland milk Or cereal, juice and milk	<b>Fri-9-29-2017</b> Whole Grain Biscuit Biscuit Gravy Sausage Link Fruit or Fruit Juice Hiland Milk Or cereal, juice and milk

NOTICE: The data contained within this report and the NUTRIKIDS Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions. USDA is an equal opportunity employer. Menus are subject to change