


	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
					
WEEK OF 3 <sup>RD</sup> -7 <sup>TH</sup> Cycle 5		Cinnamon Roll w/Sausage Patty Fruit Assorted Juice Milk	Biscuit w/Chicken Patty Fruit Assorted Juice Milk	Breakfast Bagel Fruit Assorted Juice Milk	Breakfast Sandwich Hashbrown Fruit Assorted Juice Milk
WEEK OF 10 <sup>TH</sup> -14 <sup>TH</sup> Cycle 1	Cinnamon Roll w/Sausage Patty Fruit Assorted Juice Milk	Croissant w/Ham Slice & Cheese Jelly Fruit Assorted Juice Milk	Cereal Bar with Cheese String or Cereal w/Yogurt Fruit Assorted Juice Milk	Pancakes w/Sausage Syrup Fruit Assorted Juice Milk	Breakfast Pizza Or Cereal w/Yogurt Fruit Assorted Juice Milk
WEEK OF 17 <sup>TH</sup> -21 <sup>ST</sup> Cycle 2	French Toast Sticks w/Sausage Links Syrup Fruit Assorted Juice Milk	Grits w/Cheese Quesadilla (Or Cheese Toast) Fruit Assorted Juice Milk	Oatmeal w/Yogurt Fruit Assorted Juice Milk	Biscuit w/Colby Cheese Omelet Jelly Fruit Assorted Juice Milk	Breakfast Bagel or Cereal w/Cheese String Fruit Assorted Juice Milk
WEEK OF 24 <sup>TH</sup> -28 <sup>TH</sup> Cycle 3	Mini Waffles w/Sausage Syrup Fruit Assorted Juice Milk	Biscuit w/Ham Slice & Cheese Jelly Fruit Assorted Juice Milk	Cinni Minis w/Yogurt Fruit Assorted Juice Milk	Croissant w/Chicken Patty Jelly Fruit Assorted Juice Milk	Pop Tart & Yogurt or Cereal & Yogurt Fruit Assorted Juice Milk

## SEPTEMBER

MENUS ARE SUBJECT TO CHANGE  
WITHOUT NOTICE

ALL MEALS SERVED WITH CHOICE  
OF MILK:

- UNFLAVORED 1% LOW FAT
- UNFLAVORED SKIM
- FAT FREE STRAWBERRY
- FAT FREE CHOCOLATE

FRESH, CANNED OR FROZEN FRUIT  
SERVED DAILY

100% FORTIFIED FRUIT JUICE  
SERVED DAILY

Fact: More than 90% of both adults  
and children do not eat the amount  
of fruit and vegetables  
recommended by Dietary  
Guidelines for Americans and the  
MyPlate nutrition guide.

Remembering to fill half your plate  
with fruit and veggies at every  
eating occasion, can help to  
increase the daily intake of fruit and  
vegetables.

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