



SEPTEMBER 2021 MID & H.S. BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FRUIT/YOGURT/GRANOLA FRUIT /YOGURT SMOOTHIES GRAB 'N GO OFFERED DAILY! CEREAL & TOAST	 CEREAL & TOAST	1 <i>GR.PRE-K-6 & 9 /K-5 CHINA</i> WHOLE GRAIN DONUT HOLES WITH ICING FRUIT, JUICE AND MILK CHOICES CEREAL & TOAST	2 <i>ALL STUDENTS</i> CHEESE OMELETTE WITH SAUSAGE & TOAST FRUIT, JUICE AND MILK CHOICES CEREAL & TOAST	3 WG BAGEL WITH CREAM CHEESE FRUIT, JUICE AND MILK CHOICES CEREAL & TOAST
6 LABOR DAY! NO SCHOOL TODAY! CEREAL & TOAST	7 BREAKFAST PIZZA WITH SAUSAGE TOPPING FRUIT, JUICE AND MILK CHOICES CEREAL & TOAST	8 SAUSAGE , EGG AND CHEESE BREAKFAST CROISSANT FRUIT, JUICE AND MILK CHOICES CEREAL & TOAST	9 CHOCOLATE CHIP PANCAKES WITH SYRUP FRUIT, JUICE AND MILK CHOICES CEREAL & TOAST	10 WG CINNAMON ROLL WITH ICING FRUIT, JUICE AND MILK CHOICES CEREAL & TOAST
13 FRENCH TOAST STICKS WITH SYRUP FRUIT, JUICE AND MILK CHOICES CEREAL & TOAST	14 CHEESE OMELETTE WITH SAUSAGE & TOAST FRUIT, JUICE AND MILK CHOICES CEREAL & TOAST	15 WG BLUEBERRY MUFFINS FRUIT, JUICE AND MILK CHOICES CEREAL & TOAST	16 BREAKFAST SANDWICH WITH HAM EGG AND CHEESE FRUIT, JUICE AND MILK CHOICES CEREAL & TOAST	17 WG BAGEL WITH CREAM CHEESE FRUIT, JUICE AND MILK CHOICES CEREAL & TOAST
20 TOASTED ENGLISH MUFFIN WITH JELLY FRUIT, JUICE AND MILK CHOICES CEREAL & TOAST	21 <i>EARLY RELEASE DAY!</i> WG BAGEL WITH CREAM CHEESE FRUIT, JUICE AND MILK CHOICES CEREAL & TOAST	22 BREAKFAST PIZZA WITH SAUSAGE TOPPING FRUIT, JUICE AND MILK CHOICES CEREAL & TOAST	23 BREAKFAST BOWLS WITH EGG, CHEESE & BACON FRUIT, JUICE AND MILK CHOICES CEREAL & TOAST	24 WHOLE GRAIN DONUT HOLES WITH ICING FRUIT, JUICE AND MILK CHOICES CEREAL & TOAST
27 FRENCH TOAST STICKS WITH SYRUP FRUIT, JUICE AND MILK CHOICES CEREAL & TOAST	28 HAM, EGG AND CHEESE BREAKFAST CROISSANT FRUIT, JUICE AND MILK CHOICES CEREAL & TOAST	29 WG BAGEL WITH CREAM CHEESE FRUIT, JUICE AND MILK CHOICES CEREAL & TOAST	30 FRESH BAKED MUFFIN FRUIT, JUICE AND MILK CHOICES CEREAL & TOAST	

QUESTIONS, COMMENTS OR CONCERNS, PLEASE CONTACT BARBARA BONNELL, NUTRITION DIRECTOR-465-7384 or bbonnell@rsu18.org

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER!