

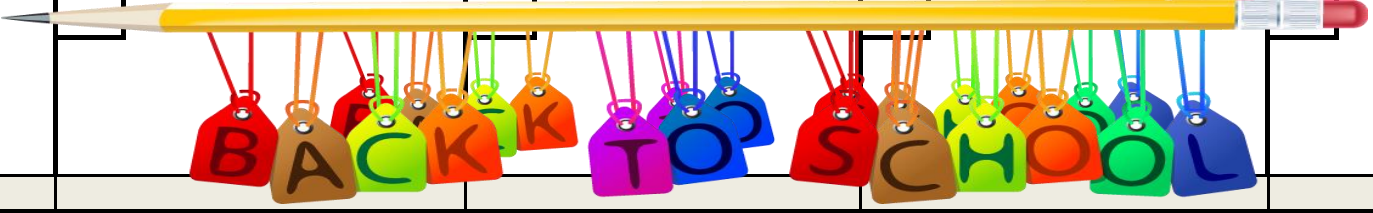


SEPTEMBER 2022 MID-H.S. BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
YOGURT & FRUIT SMOOTHIES YOGURT PARFAITS GRAB N' GO BREAKFAST OFFERED DAILY! CEREAL & TOAST	 CEREAL & TOAST	31 <u>GR.PRE-K-6 & 9 /K-5 CHINA</u> WG DONUT HOLES WITH GLAZE FRUIT, JUICE AND MILK CHOICES CEREAL & TOAST	1 <u>ALL STUDENTS</u> FRENCH TOAST STICKS WITH SYRUP FRUIT, JUICE AND MILK CHOICES CEREAL & TOAST	2 BREAKFAST PIZZA WITH SAUSAGE TOPPING FRUIT, JUICE AND MILK CHOICES CEREAL & TOAST
5 <u>NO SCHOOL TODAY!</u>  CEREAL & TOAST	6 BAGEL WITH CREAM CHEESE FRUIT, JUICE AND MILK CHOICES CEREAL & TOAST	7 YOGURT PARFAIT WITH FRUIT AND GRANOLA FRUIT, JUICE AND MILK CHOICES CEREAL & TOAST	8 CHOCOLATE CHIP PANCAKES WITH SYRUP FRUIT, JUICE AND MILK CHOICES CEREAL & TOAST	9 BREAKFAST SANDWICH W/HAM, EGG & CHEESE FRUIT, JUICE AND MILK CHOICES CEREAL & TOAST
12 WG WAFFLE STICKS WITH SYRUP FRUIT, JUICE AND MILK CHOICES CEREAL & TOAST	13 FRESH BAKED WG BLUEBERRY MUFFIN FRUIT, JUICE AND MILK CHOICES CEREAL & TOAST	14 BREAKFAST PIZZA WITH SAUSAGE TOPPING FRUIT, JUICE AND MILK CHOICES CEREAL & TOAST	15 BREAKFAST BOWLS WITH EGGS, SAUSAGE AND CHEESE FRUIT, JUICE AND MILK CHOICES CEREAL & TOAST	16 FRESH BAKED CINNAMON ROLL FRUIT, JUICE AND MILK CHOICES CEREAL & TOAST
19 FRENCH TOAST STICKS WITH SYRUP FRUIT, JUICE AND MILK CHOICES CEREAL & TOAST	20 <u>EARLY RELEASE DAY!</u> BAGEL WITH CREAM CHEESE FRUIT, JUICE AND MILK CHOICES CEREAL & TOAST	21 BREAKFAST PIZZA WITH BACON, EGG AND CHEESE FRUIT, JUICE AND MILK CHOICES CEREAL & TOAST	22 BREAKFAST SANDWICH WITH HAM EGG AND CHEESE FRUIT, JUICE AND MILK CHOICES CEREAL & TOAST	23 YOGURT PARFAIT WITH FRUIT AND GRANOLA FRUIT, JUICE AND MILK CHOICES CEREAL & TOAST
26 WG BAGEL WITH CREAM CHEESE FRUIT, JUICE AND MILK CHOICES CEREAL & TOAST	27 SCRAMBLED EGGS, SAUSAGE AND TOAST FRUIT, JUICE AND MILK CHOICES CEREAL & TOAST	28 BREAKFAST PIZZA WITH SAUSAGE TOPPING FRUIT, JUICE AND MILK CHOICES CEREAL & TOAST	29 WG DONUT HOLES WITH GLAZE FRUIT, JUICE AND MILK CHOICES CEREAL & TOAST	30 PUMPKIN CHOC. CHIP 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!				