



# SEPTEMBER BREAKFAST 2018



| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY  |
|---|--|--|--|---|
| <p>3</p> <p><b>LABOR DAY</b></p> <p><b>NO SCHOOL</b></p>  | <p>4</p> <p>BAGEL &amp; CREAM CHEESE<br/>OR<br/>COLD CEREAL<br/>PEACHES OR FRESH FRUIT<br/>ORANGE JUICE</p> <p>FF CHOCOLATE MILK OR<br/>1% WHITE MILK</p>  | <p>5</p> <p>PANCAKES<br/>OR<br/>COLD CEREAL<br/>BLUEBERRY CUP<br/>APPLE JUICE OR<br/>CRANBERRY JUICE</p> <p>FF CHOCOLATE MILK OR<br/>1% WHITE MILK</p>       | <p>6</p> <p>HOT OATMEAL<br/>OR<br/>BREAKFAST BAR<br/>CHEESE STICK<br/>APPLESAUCE OR FRESH FRUIT<br/>GRAPE JUICE</p> <p>FF CHOCOLATE MILK OR<br/>1% WHITE MILK</p>  | <p>7</p> <p>MUFFIN<br/>OR<br/>BREAKFAST BAR<br/>YOGURT<br/>MIXED FRUIT<br/>JUICE BOX</p> <p>FF CHOCOLATE MILK OR<br/>1% WHITE MILK</p>  |
| <p>10</p> <p>COLD CEREAL<br/>MANDARIN ORANGES<br/>APPLE JUICE OR<br/>GRAPEFRUIT JUICE</p> <p>FF CHOCOLATE MILK OR<br/>1% WHITE MILK</p>                             | <p>11</p> <p>BAGEL &amp; CREAM CHEESE<br/>OR<br/>COLD CEREAL<br/>PEACHES OR FRESH FRUIT<br/>ORANGE JUICE</p> <p>FF CHOCOLATE MILK OR<br/>1% WHITE MILK</p> | <p>12</p> <p>CINNAMON ROLL<br/>OR<br/>COLD CEREAL<br/>BLUEBERRY CUP<br/>APPLE JUICE OR<br/>CRANBERRY JUICE</p> <p>FF CHOCOLATE MILK OR<br/>1% WHITE MILK</p> | <p>13</p> <p>HOT OATMEAL<br/>OR<br/>BREAKFAST BAR<br/>CHEESE STICK<br/>APPLESAUCE OR FRESH FRUIT<br/>GRAPE JUICE</p> <p>FF CHOCOLATE MILK OR<br/>1% WHITE MILK</p> | <p>14</p> <p>WG POP TART<br/>OR<br/>BREAKFAST BAR<br/>YOGURT<br/>TROPICAL FRUIT<br/>JUICE BOX</p> <p>FF CHOCOLATE MILK OR<br/>1% WHITE MILK</p>   |
| <p>17</p> <p><b>NO SCHOOL</b></p> <p><b>TEACHER<br/>INSERVICE DAY</b></p>   | <p>18</p> <p>BAGEL &amp; CREAM CHEESE<br/>OR<br/>COLD CEREAL<br/>PEACHES OR FRESH FRUIT<br/>ORANGE JUICE</p> <p>FF CHOCOLATE MILK OR<br/>1% WHITE MILK</p> | <p>19</p> <p>WAFFLES<br/>OR<br/>COLD CEREAL<br/>STRAWBERRY CUP<br/>APPLE JUICE OR<br/>CRANBERRY JUICE</p> <p>FF CHOCOLATE MILK OR<br/>1% WHITE MILK</p>      | <p>20</p> <p>HOT OATMEAL<br/>OR<br/>BREAKFAST BAR<br/>CHEESE STICK<br/>APPLESAUCE OR FRESH FRUIT<br/>GRAPE JUICE</p> <p>FF CHOCOLATE MILK OR<br/>1% WHITE MILK</p> | <p>21</p> <p>MUFFIN<br/>OR<br/>BREAKFAST BAR<br/>YOGURT<br/>MIXED FRUIT<br/>JUICE BOX</p> <p>FF CHOCOLATE MILK OR<br/>1% WHITE MILK</p>   |
| <p>24</p> <p>COLD CEREAL<br/>MANDARIN ORANGES<br/>APPLE JUICE OR<br/>GRAPEFRUIT JUICE</p> <p>FF CHOCOLATE MILK OR<br/>1% WHITE MILK</p>                             | <p>25</p> <p>BAGEL &amp; CREAM CHEESE<br/>OR<br/>COLD CEREAL<br/>PEACHES OR FRESH FRUIT<br/>ORANGE JUICE</p> <p>FF CHOCOLATE MILK OR<br/>1% WHITE MILK</p> | <p>26</p> <p>PANCAKES<br/>OR<br/>COLD CEREAL<br/>BLUEBERRY CUP<br/>APPLE JUICE OR<br/>CRANBERRY JUICE</p> <p>FF CHOCOLATE MILK OR<br/>1% WHITE MILK</p>      | <p>27</p> <p>HOT OATMEAL<br/>OR<br/>BREAKFAST BAR<br/>CHEESE STICK<br/>APPLESAUCE OR FRESH FRUIT<br/>GRAPE JUICE</p> <p>FF CHOCOLATE MILK OR<br/>1% WHITE MILK</p> | <p>28</p> <p>WG POP TART<br/>OR<br/>BREAKFAST BAR<br/>YOGURT<br/>TROPICAL FRUIT<br/>JUICE BOX</p> <p>FF CHOCOLATE MILK OR<br/>1% WHITE MILK</p>   |
| <p>Grain Products offered are<br/>Whole Grain Rich<br/>WGR</p> <p>Juice Products are 100% Juice</p> <p>GMS serves graham crackers with<br/>the cold cereal meal</p> |   |    |   | <p><b>STUDENT BREAKFAST \$1.50</b><br/><b>ADULT BREAKFAST \$1.50</b></p> <p><b>HH STUDENT LUNCH \$2.50</b><br/><b>GMS STUDENT LUNCH \$3.25</b><br/><b>VHS STUDENT LUNCH \$3.25</b><br/><b>ADULT LUNCH \$6.00</b></p> <p><b>MILK \$ .75</b><br/><b>ADULT MEALS ADD \$ .75 FOR MILK</b></p> |