



Milk choices include skim or 1% in a variety of flavors.

Monday	Tuesday	Wednesday	Thursday	Friday
6 Labor Day No School	7 Whole Grain Reduced Fat Banana Nut Muffin Cheese Stick Fresh Pear Choice of Skim or 1 % Low Fat Milk	8 Milk Low Fat Strawberry Yogurt Parfait Served With Granola Sliced Peaches Choice of Skim or 1 % Low Fat Milk	9 Egg & Cheddar on a Whole Wheat English Muffin Served With Fresh Banana Choice of Skim or 1 % Low Fat Milk	10 Whole Grain Reduced Fat Banana Nut Muffin Cheese Stick Fresh Pear Choice of Skim or 1 % Low Fat Milk
13 Whole Grain Reduced Fat Blueberry Loaf Served With Graham Crackers Fresh Locally Grown Apple Choice of Skim or 1 % Low Fat Milk	14 Whole Grain Pancakes Served With Mixed Fruit Choice of Skim or 1 % Low Fat Milk	15 Whole Wheat Bagel Half Served With Low-Fat Cream Cheese Hard Boiled Egg Orange Slices Choice of Skim or 1 % Low Fat Milk	16 Egg & Cheddar on Whole Wheat English Muffin Served With 100% Orange Juice Milk Choice of Skim or 1 % Low Fat Milk	17 Yogurt String Cheese 100% Grape Juice Choice of Skim or 1 % Low Fat Milk
20 Whole Grain Reduced Fat Blueberry Loaf Served With Low Fat String Cheese Fresh Pear Choice of Skim or 1 % Low Fat Milk	21 Egg & Cheddar on a Whole Wheat Bagel Served With Orange Juice Choice of Skim or 1 % Low Fat Milk	22 Pipen Hot Oatmeal Served With Fresh Apple 100% Orange Juice Choice of Skim or 1 % Low Fat Milk	23 Whole Grain Pancakes Served With Turkey Sausage Patty Warm Fruit Topping Fresh Banana Choice of Skim or 1 % Low Fat Milk	24 Whole Grain Reduced Fat Banana Nut Muffin Served With Fresh Grapes Chilled Orange Juice Choice of Skim or 1 % Low Fat Milk
27 Breakfast Fruit Yogurt Parfait Served With Honey Graham Crackers Raisins Choice of Skim or 1 % Low Fat Milk	28 Whole Grain Breakfast Burrito Served With Fresh Locally Grown Apple Choice of Skim or 1 % Low Fat Milk	29 Whole Grain Waffle Served With Apples Slices w/Peanut Butter for Dipping 100 % Grape Juice Choice of Skim or 1 % Low Fat Milk	30 Egg & Cheddar on a Whole Wheat Bagel Half Fresh Orange Slices Choice of Skim or 1 % Low Fat Milk	

AVAILABLE DAILY

Assortment of high fiber, low sugar cold cereals:

Cheerios, Kix, Corn Flakes, Reduced Sugar Cinnamon Toast Crunch, Reduced Sugar Trix, Bite Size Frosted Mini Wheats, Bite Size Chocolate Frosted Mini
Wheats, Rice Krispies

All cereals served with your choice of:

Graham Cracker, Whole Wheat Reduced Fat Muffin, String Cheese or Yogurt

Fruit or Juice

Milk



Go to MyPyramid.gov for online personal wellness resources for you and your family.

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