

# SEPTEMBER

Morningside Annex Breakfast



Questions or  
Comments?

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What's in season?



Did you know?

A colorful plate is  
the greatest fuel  
for the body!



This institution is an equal  
opportunity provider.

Monday

Tuesday

Wednesday

Thursday

Friday

2

Labor Day

3

**Breakfast**  
Hearty Oatmeal  
Apple  
Fruit Punch Juice

4

**Breakfast**  
Breakfast Turkey Sausage Pizza  
Sliced Oranges  
Apple Juice

5

**Breakfast**  
Pineapple Parfait  
with Graham Crackers  
Banana  
Fruit Punch Juice

6

**Breakfast**  
Cheesy Egg & Turkey Sausage  
Tacos  
Fruit Punch Juice Cup  
Apple

9

**Breakfast**  
Whole Grain Golden Blueberry  
Muffin  
Sliced Oranges  
Grape Juice

10

**Breakfast**  
Maple Breakfast on a Stick  
Apple  
Orange Juice

11

**Breakfast**  
Peaches and Cream Oatmeal  
Sliced Oranges  
Grape Juice

12

**Breakfast**  
Chicken Biscuit Sandwich  
Banana  
Orange Juice

13

**Breakfast**  
Fluffy Jumbo Waffles  
Apple  
Grape Juice

16

**Breakfast**  
Whole Grain Bagel  
Sliced Oranges  
Apple Juice

17

**Breakfast**  
Mandarin Orange Parfait  
with Graham Crackers  
Apple  
Fruit Punch Juice

18

**Breakfast**  
Cheesy Egg Breakfast Tacos  
Sliced Oranges  
Apple Juice

19

**Breakfast**  
Mini Golden Blueberry  
Pancakes  
Banana  
Fruit Punch Juice

20

**Breakfast**  
Breakfast Turkey Sausage  
Pizza  
Fruit Punch Juice  
Fresh Apple

23

**Breakfast**  
Peaches and Cream Oatmeal  
Sliced Oranges  
Grape Juice

24

**Breakfast**  
Chicken Biscuit Sandwich  
Apple  
Orange Juice

25

**Breakfast**  
Banana Loaf  
With Strawberry Yogurt  
Sliced Oranges  
Grape Juice

26

**Breakfast**  
Scrambled Eggs  
with Buttery Toast  
Banana  
Orange Juice

27

**Breakfast**  
Whole Grain Bagel  
Apple  
Grape Juice



A Variety of Fruit  
Offered Daily!!!

\*Menu is subject to  
change.