

# SEPTEMBER

## Pre-K Breakfast

Questions or  
Comments?  
Upenda Sibley  
Director of Operation  
Phone: 404-802-2540



### Monthly Promotion


What's in season?



### Did you know?

Your café menus are created by  
a Chef and Registered Dietitian,  
so all your meals are delicious  
AND nutritious!

Fresh Fruit &  
Vegetable Bar  
Served Daily!

 This institution is an equal  
opportunity provider.

Monday

2

Labor Day

Tuesday

3

#### Breakfast

Maple Breakfast on a Stick  
Sliced Apples  
White 1% Low Fat Milk

Wednesday

4

#### Breakfast

Gluten Free Rice Chex Cereal  
Sliced Oranges  
White 1% Low Fat Milk

Thursday

5

#### Breakfast

Turkey Sausage Breakfast Pizza  
Banana  
White 1% Low Fat Milk

Friday

6

#### Breakfast

Whole Grain Banana Loaf  
Sliced Apples  
White 1% Low Fat Milk

9

#### Breakfast

Whole Grain Rice Krispies  
Cereal  
Sliced Oranges  
White 1% Low Fat Milk

10

#### Breakfast

Egg & Cheese Sandwich  
Sliced Apples  
White 1% Low Fat Milk

11

#### Breakfast

Fluffy Banana Muffin  
Sliced Oranges  
White 1% Low Fat Milk

12

#### Breakfast

Cheesy Egg  
& Turkey Sausage Burrito  
Banana  
White 1% Low Fat Milk

13

#### Breakfast

Vanilla Danimals Yogurt  
Sliced Apples  
White 1% Low Fat Milk

16

#### Breakfast

Whole Grain Golden  
Blueberry Muffin  
Sliced Oranges  
White 1% Low Fat Milk

17

#### Breakfast

Turkey Sausage  
Breakfast Pizza  
Sliced Apples  
White 1% Low Fat Milk

18

#### Breakfast

Whole Grain Banana Loaf  
Sliced Oranges  
White 1% Low Fat Milk

19

#### Breakfast

Maple Breakfast on a Stick  
Banana  
White 1% Low Fat Milk

20

#### Breakfast

Gluten Free Rice Chex Cereal  
Sliced Apples  
White 1% Low Fat Milk

23

#### Breakfast

Whole Grain Golden  
Blueberry Muffin  
Sliced Oranges  
White 1% Low Fat Milk

24

#### Breakfast

Cheesy Egg & Turkey Sausage  
Burrito  
Sliced Apples  
White 1% Low Fat Milk

25

#### Breakfast

Vanilla Danimals Yogurt  
Sliced Oranges  
White 1% Low Fat Milk

26

#### Breakfast

Egg & Cheese Sandwich  
Banana  
White 1% Low Fat Milk

27

#### Breakfast

Whole Grain Rice Krispies  
Cereal  
Sliced Apples  
White 1% Low Fat Milk



*A Variety of Fruit  
Offered Daily!!!*

\*Menu is subject to  
change.