

September 2017

DANA BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 PANCAKE ON STICK WG POWDERED SUGAR DONUT* CONCHA* MUFFINS* POPTARTS*
4 LABOR DAY	5 BREAKFAST PIZZA BAGEL & CREAM CHEESE* CEREALS*	6 FRENCH TOAST & SAUSAGE YOGURT PARFAIT* POPTARTS* MUFFINS*	7 EGG & SAUSAGE MUFFIN CINNAMON TWISTS* BAGEL & CREAM CHEESE* CEREALS*	8 PANCAKE ON STICK WG POWDERED SUGAR DONUT* CONCHA* MUFFINS* POPTARTS*
11 BREAKFAST BURRITO POPTARTS* MUFFINS*	12 BREAKFAST PIZZA BAGEL & CREAM CHEESE* CEREALS*	13 FRENCH TOAST & SAUSAGE YOGURT PARFAIT* POPTARTS* MUFFINS*	14 EGG & SAUSAGE MUFFIN CINNAMON ROLL* BAGEL & CREAM CHEESE* CEREALS*	15 PANCAKE ON STICK WG POWDERED SUGAR DONUT* CONCHA* MUFFINS* POPTARTS*
18 BREAKFAST BURRITO POPTARTS* MUFFINS*	19 BREAKFAST PIZZA BAGEL & CREAM CHEESE* CEREALS*	20 FRENCH TOAST & SAUSAGE YOGURT PARFAIT* POPTARTS* MUFFINS*	21 MINIMUM DAY EGG & SAUSAGE MUFFIN CINNAMON TWISTS* BAGEL & CREAM CHEESE* CEREALS*	22 PANCAKE ON STICK WG POWDERED SUGAR DONUT* CONCHA* MUFFINS* POPTARTS*
25 BREAKFAST BURRITO POPTARTS* MUFFINS*	26 BREAKFAST PIZZA BAGEL & CREAM CHEESE* CEREALS*	27 FRENCH TOAST & SAUSAGE YOGURT PARFAIT* MUFFINS* POPTARTS*	28 EGG & SAUSAGE MUFFIN CINNAMON ROLL* BAGEL & CREAM CHEESE* CEREALS*	29 PANCAKE ON STICK WG POWDERED SUGAR DONUT* CONCHA* MUFFINS* POPTARTS*

Harvest
of the
Month

Network for a Healthy California



OFFERED DAILY:

1% LOWFAT MILK
NONFAT CHOC. MILK
APPLE JUICE
ORANGE JUICE
FRESH FRUIT

You must choose at
least 3 items
(meat, grain, fruit, juice,
or milk)

1 must be a fruit

All meals are low sodium
and all grains are whole
grains!

*Vegetarian Meal