

September 2017

FIRST AVENUE BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 PANCAKES & SAUSAGE CONCHA* WG CHOCOLATE DONUT MUFFINS* POPTARTS*
4 LABOR DAY	5 YOGURT PARFAIT* MUFFINS* BAGEL & CREAM CHEESE* CEREALS*	6 EGG & SAUSAGE CROISSANT COFFEE CAKE* POPTARTS* FRENCH TOAST & SAUSAGE	7 PANCAKE ON A STICK BAGEL & CREAM CHEESE* BREAKFAST PIZZA WHOLE GRAIN DONUT EGG TORNADO CEREALS*	8 PANCAKES & SAUSAGE CONCHA* WG CHOCOLATE DONUT MUFFINS* POPTARTS*
11 BREAKFAST BURRITO CONCHA* WHOLE GRAIN DONUTS* POPTARTS*	12 YOGURT PARFAIT* MUFFINS* BAGEL & CREAM CHEESE* CEREALS*	13 EGG & SAUSAGE CROISSANT COFFEE CAKE* POPTARTS* FRENCH TOAST & SAUSAGE	14 PANCAKE ON A STICK BAGEL & CREAM CHEESE* BREAKFAST PIZZA WHOLE GRAIN DONUT EGG TORNADO CEREALS*	15 PANCAKES & SAUSAGE CONCHA* WG CHOCOLATE DONUT MUFFINS* POPTARTS*
18 BREAKFAST BURRITO CONCHA* WHOLE GRAIN DONUTS* POPTARTS*	19 YOGURT PARFAIT* MUFFINS* BAGEL & CREAM CHEESE* CEREALS*	20 EGG & SAUSAGE CROISSANT COFFEE CAKE* POPTARTS* FRENCH TOAST & SAUSAGE	21 MINIMUM DAY PANCAKE ON A STICK BAGEL & CREAM CHEESE* BREAKFAST PIZZA WHOLE GRAIN DONUT EGG TORNADO CEREALS*	22 PANCAKES & SAUSAGE CONCHA* WG CHOCOLATE DONUT MUFFINS* POPTARTS*
25 BREAKFAST BURRITO CONCHA* WHOLE GRAIN DONUT* POPTARTS*	26 YOGURT PARFAIT* MUFFINS* BAGEL & CREAM CHEESE* CEREALS*	27 EGG & SAUSAGE CROISSANT COFFEE CAKE* POPTARTS* FRENCH TOAST & SAUSAGE	28 PANCAKE ON STICK BAGEL & CREAM CHEESE* BREAKFAST PIZZA WHOLE GRAIN DONUT EGG TORNADO CEREALS*	29 PANCAKES & SAUSAGE CONCHA* WG CHOCOLATE DONUT* 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, milk)

1 must be a fruit

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

*Vegetarian Meal

