

# September 2017

## FOOTHILLS BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 BREAKFAST BOWL COFFEE CAKE* MUFFINS* POPTARTS* CEREALS*
4 LABOR DAY	5 BREAKFAST BURRITO BAGEL & CREAM CHEESE* CONCHA* YOGURT PARFAIT* POWDERED SUGAR DONUT*	6 EGG CROISSANT COFFEE CAKE* MUFFINS* POPTARTS* CEREALS*	7 BREAKFAST PIZZA BAGEL & CREAM CHEESE CONCHA YOGURT PARFAIT* POWDERED SUGAR DONUT*	8 BREAKFAST BOWL COFFEE CAKE* MUFFINS* POPTARTS* CEREALS*
11 TURKEY HAM & CHEESE WRAP COFFEE CAKE* MUFFINS* POPTARTS* CEREALS*	12 BREAKFAST BURRITO BAGEL & CREAM CHEESE* CONCHA* YOGURT PARFAIT* POWDERED SUGAR DONUT*	13 EGG CROISSANT COFFEE CAKE* MUFFINS* POPTARTS* CEREALS*	14 BREAKFAST PIZZA BAGEL & CREAM CHEESE CONCHA YOGURT PARFAIT* POWDERED SUGAR DONUT*	15 BREAKFAST BOWL COFFEE CAKE* MUFFINS* POPTARTS* CEREALS*
18 TURKEY HAM & CHEESE WRAP COFFEE CAKE* MUFFINS* POPTARTS* CEREALS*	19 BREAKFAST BURRITO BAGEL & CREAM CHEESE* CONCHA* YOGURT PARFAIT* POWDERED SUGAR DONUT*	20 EGG CROISSANT COFFEE CAKE* MUFFINS* POPTARTS* CEREALS*	21 MINIMUM DAY BREAKFAST PIZZA BAGEL & CREAM CHEESE CONCHA YOGURT PARFAIT* POWDERED SUGAR DONUT*	22 BREAKFAST BOWL COFFEE CAKE* MUFFINS* POPTARTS* CEREALS*
25 TURKEY HAM & CHEESE WRAP COFFEE CAKE* MUFFINS* POPTARTS* CEREALS*	26 BREAKFAST BURRITO BAGEL & CREAM CHEESE* CONCHA* YOGURT PARFAIT* POWDERED SUGAR DONUT*	27 EGG CROISSANT COFFEE CAKE* MUFFINS* POPTARTS* CEREALS*	28 BREAKFAST PIZZA BAGEL & CREAM CHEESE* CONCHA* YOGURT PARFAIT* POWDERED SUGAR DONUT*	29 BREAKFAST BOWL COFFEE CAKE* MUFFINS* POPTARTS* CEREALS*

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!