



September 2017

HIGH SCHOOL BREAKFAST MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Sausage Biscuit Fruit, Fresh Juice, 100% Fruit Milk, 1% White Milk, FF Chocolate Milk, Strawberry
4 * HOLIDAY-LABOR DAY	5 Blueberry Bagel Fruit, Fresh Variety Juice, 100% Fruit Milk, FF Chocolate Milk, 1% White Milk, Strawberry	6 Choc Chip Waffles Fruit, Apple Juice, 100% Fruit Milk, 1% White Milk, FF Chocolate Milk, Strawberry	7 Muffin Squares Fruit, Apple Sauce Juice, 100% Fruit Milk, 1% White Milk, FF Chocolate Milk, Strawberry	8 Pancake Stick Juice, 100% Fruit Fruit Cup Milk, 1% White Milk, FF Chocolate Milk, Strawberry
11 Pop Tart- Breakfast Animal Snacker Fruit, Blueberries Juice, 100% Fruit Milk, 1% White Milk, FF Chocolate Milk, Strawberry	12 Pan Dulce Fruit, Fresh Juice, 100% Fruit Milk, 1% White Milk, FF Chocolate Milk, Strawberry	13 Scrambled Eggs, Ham English Muffins, WG Fruit, Apple Sauce Juice, 100% Fruit Milk, 1% White Milk, FF Chocolate Milk, Strawberry	14 Mini Cinni Fruit, Apple Sauce Juice, 100% Fruit Milk, 1% White Milk, FF Chocolate Milk, Strawberry	15 Yogurt Bar- Fruit, Blueberries Juice, 100% Fruit Milk, 1% White Milk, FF Chocolate Milk, Strawberry
18 Pancakes WG Fruit, Banana Juice, 100% Fruit Milk, 1% White Milk, FF Chocolate Milk, Strawberry	19 Pancake Stick Juice, 100% Fruit Fruit Cup Milk, 1% White Milk, FF Chocolate Milk, Strawberry	20 Sausage Biscuit Fruit, Fresh Juice, 100% Fruit Milk, 1% White Milk, FF Chocolate Milk, Strawberry	21 Oatmeal- HS Fruit, Blueberries Juice, 100% Fruit Milk, 1% White Milk, FF Chocolate Milk, Strawberry	22 Blueberry Bagel Fruit, Fresh Variety Juice, 100% Fruit Milk, FF Chocolate Milk, 1% White Milk, Strawberry
25 Choc Chip Waffles Fruit, Apple Juice, 100% Fruit Milk, 1% White Milk, FF Chocolate Milk, Strawberry	26 Muffin Squares Fruit, Apple Sauce Juice, 100% Fruit Milk, 1% White Milk, FF Chocolate Milk, Strawberry	27 Pancake Stick Juice, 100% Fruit Fruit Cup Milk, 1% White Milk, FF Chocolate Milk, Strawberry	28 Pop Tart- Breakfast Animal Snacker Fruit, Blueberries Juice, 100% Fruit Milk, 1% White Milk, FF Chocolate Milk, Strawberry	29 Pan Dulce Fruit, Fresh Juice, 100% Fruit Milk, 1% White Milk, FF Chocolate Milk, Strawberry

School News

Welcome Back
Students and
Families!!

Breakfast Prices:
Reduced NO COST
Full pay \$1.50
Adults \$2.00

Payments can be made
at: bearvalleyfs.com or
send a check payable
to Child Nutrition to
your child's school
cafeteria. Contact us
at 909.866.4406 for
assistance

Please complete a new
meal application for
the 2017-18 school
year. Applications are
available at your
child's school office or
you may apply on line-
please visit
www.lunchapplication.com.



Serving Date	Recipe	Allergens
09/01/2017	R-0205 - Milk, 1% White	Milk
	R-0206 - Milk, FF Chocolate	Milk
	R-0803 - Bagel & Cream	Wheat
	R-1179 - Benefit Bar, Breakfast	Milk, Eggs, Wheat, Soybeans
	R-1225 - Muffin, Double Chocolate	Eggs, Wheat
09/05/2017	R-0205 - Milk, 1% White	Milk
	R-0206 - Milk, FF Chocolate	Milk
	R-0803 - Bagel & Cream	Wheat
	R-1179 - Benefit Bar, Breakfast	Milk, Eggs, Wheat, Soybeans
	R-1225 - Muffin, Double Chocolate	Eggs, Wheat
09/06/2017	R-0205 - Milk, 1% White	Milk
	R-0206 - Milk, FF Chocolate	Milk
	R-0803 - Bagel & Cream	Wheat
	R-1179 - Benefit Bar, Breakfast	Milk, Eggs, Wheat, Soybeans
	R-1225 - Muffin, Double Chocolate	Eggs, Wheat
09/07/2017	R-0205 - Milk, 1% White	Milk
	R-0206 - Milk, FF Chocolate	Milk
	R-0803 - Bagel & Cream	Wheat
	R-1179 - Benefit Bar, Breakfast	Milk, Eggs, Wheat, Soybeans
	R-1225 - Muffin, Double Chocolate	Eggs, Wheat
09/08/2017	R-0205 - Milk, 1% White	Milk
	R-0206 - Milk, FF Chocolate	Milk
	R-0803 - Bagel & Cream	Wheat
	R-1179 - Benefit Bar, Breakfast	Milk, Eggs, Wheat, Soybeans
	R-1225 - Muffin, Double Chocolate	Eggs, Wheat
09/11/2017	R-0205 - Milk, 1% White	Milk
	R-0206 - Milk, FF Chocolate	Milk
	R-0803 - Bagel & Cream	Wheat
	R-1179 - Benefit Bar, Breakfast	Milk, Eggs, Wheat, Soybeans
	R-1225 - Muffin, Double Chocolate	Eggs, Wheat
09/12/2017	R-0205 - Milk, 1% White	Milk
	R-0206 - Milk, FF Chocolate	Milk
	R-0803 - Bagel & Cream	Wheat
	R-1179 - Benefit Bar, Breakfast	Milk, Eggs, Wheat, Soybeans
	R-1225 - Muffin, Double Chocolate	Eggs, Wheat
09/13/2017	R-0205 - Milk, 1% White	Milk
	R-0206 - Milk, FF Chocolate	Milk
	R-0803 - Bagel & Cream	Wheat

09/13/2017	R-1179 - Benefit Bar, Breakfast	Milk, Eggs, Wheat, Soybeans
	R-1209 - English Muffins, WG	Wheat, Soybeans
	R-1225 - Muffin, Double Chocolate	Eggs, Wheat
09/14/2017	R-0205 - Milk, 1% White	Milk
	R-0206 - Milk, FF Chocolate	Milk
	R-0803 - Bagel & Cream	Wheat
	R-1126 - Mini Cinni	Milk, Wheat
	R-1179 - Benefit Bar, Breakfast	Milk, Eggs, Wheat, Soybeans
09/15/2017	R-1225 - Muffin, Double Chocolate	Eggs, Wheat
	R-0205 - Milk, 1% White	Milk
	R-0206 - Milk, FF Chocolate	Milk
	R-0803 - Bagel & Cream	Wheat
	R-1179 - Benefit Bar, Breakfast	Milk, Eggs, Wheat, Soybeans
09/18/2017	R-1225 - Muffin, Double Chocolate	Eggs, Wheat
	R-0205 - Milk, 1% White	Milk
	R-0206 - Milk, FF Chocolate	Milk
	R-0803 - Bagel & Cream	Wheat
	R-1179 - Benefit Bar, Breakfast	Milk, Eggs, Wheat, Soybeans
09/19/2017	R-1225 - Muffin, Double Chocolate	Eggs, Wheat
	R-0205 - Milk, 1% White	Milk
	R-0206 - Milk, FF Chocolate	Milk
	R-0803 - Bagel & Cream	Wheat
	R-1179 - Benefit Bar, Breakfast	Milk, Eggs, Wheat, Soybeans
09/20/2017	R-1225 - Muffin, Double Chocolate	Eggs, Wheat
	R-0205 - Milk, 1% White	Milk
	R-0206 - Milk, FF Chocolate	Milk
	R-0803 - Bagel & Cream	Wheat
	R-1179 - Benefit Bar, Breakfast	Milk, Eggs, Wheat, Soybeans
09/21/2017	R-1225 - Muffin, Double Chocolate	Eggs, Wheat
	R-0205 - Milk, 1% White	Milk
	R-0206 - Milk, FF Chocolate	Milk
	R-0803 - Bagel & Cream	Wheat
	R-1179 - Benefit Bar, Breakfast	Milk, Eggs, Wheat, Soybeans
09/22/2017	R-1225 - Muffin, Double Chocolate	Eggs, Wheat
	R-1679 - Oatmeal High School	Wheat
	R-0205 - Milk, 1% White	Milk
	R-0206 - Milk, FF Chocolate	Milk
	R-0803 - Bagel & Cream	Wheat
09/25/2017	R-1179 - Benefit Bar, Breakfast	Milk, Eggs, Wheat, Soybeans
	R-1225 - Muffin, Double Chocolate	Eggs, Wheat
	R-0205 - Milk, 1% White	Milk
	R-0206 - Milk, FF Chocolate	Milk
	R-0803 - Bagel & Cream	Wheat
09/25/2017	R-1179 - Benefit Bar, Breakfast	Milk, Eggs, Wheat, Soybeans
	R-1225 - Muffin, Double Chocolate	Eggs, Wheat

09/26/2017	R-0205 - Milk, 1% White	Milk
	R-0206 - Milk, FF Chocolate	Milk
	R-0803 - Bagel & Cream	Wheat
	R-1179 - Benefit Bar, Breakfast	Milk, Eggs, Wheat, Soybeans
	R-1225 - Muffin, Double Chocolate	Eggs, Wheat
09/27/2017	R-0205 - Milk, 1% White	Milk
	R-0206 - Milk, FF Chocolate	Milk
	R-0803 - Bagel & Cream	Wheat
	R-1179 - Benefit Bar, Breakfast	Milk, Eggs, Wheat, Soybeans
	R-1225 - Muffin, Double Chocolate	Eggs, Wheat
09/28/2017	R-0205 - Milk, 1% White	Milk
	R-0206 - Milk, FF Chocolate	Milk
	R-0803 - Bagel & Cream	Wheat
	R-1179 - Benefit Bar, Breakfast	Milk, Eggs, Wheat, Soybeans
	R-1225 - Muffin, Double Chocolate	Eggs, Wheat
09/29/2017	R-0205 - Milk, 1% White	Milk
	R-0206 - Milk, FF Chocolate	Milk
	R-0803 - Bagel & Cream	Wheat
	R-1179 - Benefit Bar, Breakfast	Milk, Eggs, Wheat, Soybeans
	R-1225 - Muffin, Double Chocolate	Eggs, Wheat