



# September 2021

## K-8 BREAKFAST MENU

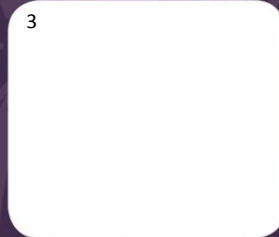
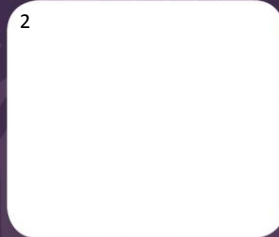
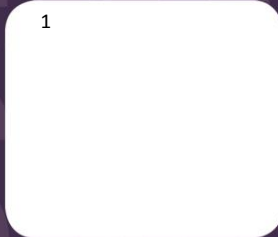
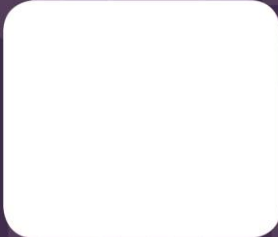
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



6

Labor Day

7

**Cereal**  
1 ea  
½ c Fruit choice  
½ c Juice Choice  
1 c Milk

8

**Frudel** 1 ea  
½ c Fruit choice  
½ c Juice Choice  
1 c Milk

9

**WG Donut** 1 ea  
½ c Fruit choice  
½ c Juice Choice  
1 c Milk

10

**Assorted Whole Grain Muffin** 1 ea.  
½ c Fruit choice  
½ c Juice Choice  
1 c Milk

13

**Assorted Cereal Breakfast Bar** 1 ea  
½ c Fruit choice  
½ c Juice Choice  
1 c Milk

14

**Cinni Mini Cinnamon Roll** 1 ea  
½ c Fruit choice  
½ c Juice Choice  
1 c Milk

15

**WG Donut** 1 ea  
½ c Fruit choice  
½ c Juice Choice  
1 c Milk

16

**Cereal** 1 ea  
½ c Fruit choice  
½ c Juice Choice  
1 c Milk

17

**Frudle** 1 ea  
½ c Fruit choice  
½ c Juice Choice  
1 c Milk

20

**Cinni Mini Cinnamon Roll** 1 ea  
½ c Fruit choice  
½ c Juice Choice  
1 c Milk

21

**Cereal**  
1 ea  
½ c Fruit choice  
½ c Juice Choice  
1 c Milk

22

**Frudel** 1 ea  
½ c Fruit choice  
½ c Juice Choice  
1 c Milk

23

**WG Donut** 1 ea  
½ c Fruit choice  
½ c Juice Choice  
1 c Milk

24

**Assorted Whole Grain Muffin** 1 ea.  
½ c Fruit choice  
½ c Juice Choice  
1 c Milk

27

**Assorted Cereal Breakfast Bar** 1 ea  
½ c Fruit choice  
½ c Juice Choice  
1 c Milk

28

**Cinni Mini Cinnamon Roll** 1 ea  
½ c Fruit choice  
½ c Juice Choice  
1 c Milk

29

**WG Donut** 1 ea  
½ c Fruit choice  
½ c Juice Choice  
1 c Milk

30

**Cereal** 1 ea  
½ c Fruit choice  
½ c Juice Choice  
1 c Milk

**Frudle** 1 ea  
½ c Fruit choice  
½ c Juice Choice  
1 c Milk

Menu's Are Subject To Change.



**Daily Offerings:**  
½ pint of milk and fruit are included with meals

Key: BeWell Healthy Option Vegetarian (Ovo-Lacto) Local Fresh Picks