

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

31 Egg and Cheese on an English Muffin Fruit/Juice Milk 	1 Double Chocolate Chip Muffin w/Graham Crackers Fruit/Juice Milk	2 Assorted Cereal w/Graham Crackers Fruit/Juice Milk	3 Apple Cinnamon Muffin w/Graham Crackers Fruit/Juice Milk	4 Bacon, Egg and Cheese on a Kaiser Fruit/Juice Milk
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WEEKLY AVERAGE NUTRITIONALS: CALORIES – 350-500; SATURATED FAT - <10%; SODIUM - <540mg

7  No School Labor Day	8 Bagel with Cream Cheese Fruit/Juice Milk	9 Mini Cinnis Fruit/Juice Milk	10 Egg and Cheese on a Kaiser Fruit/Juice Milk	11 Apple Cinnamon Muffin Fruit/Juice Milk
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Non-Fat Chocolate or 1% White Milk offered daily

14 Blueberry Muffin w/Graham Crackers Fruit/Juice Milk	15 Assorted Cereal w/ a Mozzarella Stick Fruit/Juice Milk	16 French Toast Sticks with Turkey Sausage Fruit/Juice Milk	17 Egg and Cheese Breakfast sandwich on a Kaiser Roll Fruit/Juice Milk	18 Double Chocolate Chip Muffin w/a Cheese Stick Fruit/Juice Milk
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Fresh Fruit Basket Offered Daily

21 Pumpkin Bread Fruit/Juice Milk	22 Assorted Cereal with Graham Cracker Fruit/Juice Milk	23 Bagel with Cream Cheese Fruit/Juice Milk	24 Egg and Cheese Sandwich on a Kaiser Roll Fruit/Juice Milk	25 Blueberry Muffin w/a Cheese Stick Fruit/Juice Milk
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28 Apple Cinnamon muffin w/Graham Crackers Fruit/Juice Milk	29 Sausage Egg and Cheese on a Roll Fruit/Juice Milk	30 Banana Bread Fruit/Juice Milk		This institution is an Equal Opportunity Provider
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