



Cafeteria Manager, Patricia Bentley



Nutrition Tip: September is Whole Grains Month! Aim to make at least half your grains whole grains. Look for the words “100% whole grain” or “100% whole wheat” on the food label. Whole grains provide more nutrients, like fiber, than refined grains.

This institution is an equal opportunity provider.



Monday



Tuesday

Wednesday

Thursday

Friday

Bacon Biscuit
OR
Jumpstart Cereal Pack
Fruit
Milk/Juice

7

Egg & Cheese Biscuit
OR
Jumpstart Cereal Pack
Fruit
Milk/Juice

8

Muffin
OR
Jumpstart Cereal Pack
Fruit
Milk/Juice

9

Syrup Day
OR
Pop-tarts
OR
Jumpstart Cereal Pack
Fruit
Milk/Juice

10

Bacon & Egg Biscuit
OR
Jumpstart Cereal Pack
Fruit
Milk/Juice

11

Steak Biscuit
OR
Jumpstart Cereal Pack
Fruit
Milk/Juice

14

Chicken Biscuit
OR
Jumpstart Cereal Pack
Fruit
Milk/Juice

15

Breakfast Pizza
OR
Jumpstart Cereal Pack
Fruit
Milk/Juice

16

Syrup Day
OR
Pop-tarts
OR
Jumpstart Cereal Pack
Fruit
Milk/Juice

17

Gravy Biscuit
OR
Jumpstart Cereal Pack
Fruit
Milk/Juice

18

Bacon Biscuit
OR
Jumpstart Cereal Pack
Fruit
Milk/Juice

21

Egg & Cheese Biscuit
OR
Jumpstart Cereal Pack
Fruit
Milk/Juice

22

Muffin
OR
Jumpstart Cereal Pack
Fruit
Milk/Juice

23

Syrup Day
OR
Pop-tarts
OR
Jumpstart Cereal Pack
Fruit
Milk/Juice

24

Bacon & Egg Biscuit
OR
Jumpstart Cereal Pack
Fruit
Milk/Juice

25

Steak Biscuit
OR
Jumpstart Cereal Pack
Fruit
Milk/Juice

28

Chicken Biscuit
OR
Jumpstart Cereal Pack
Fruit
Milk/Juice

29

Breakfast Pizza
OR
Jumpstart Cereal Pizza
Fruit
Milk/Juice

30

