



Cafeteria Manager, Jessica Cabe



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

1

Chicken Biscuit
OR
Egg & Cheese Biscuit
OR
Toast & Cereal
Fruit
Milk/Juice

Breakfast Pizza
OR
Muffin
OR
Toast & Cereal
Fruit
Milk/Juice

Syrup Day
OR
Pop-tarts
OR
Toast & Cereal
Fruit
Milk/Juice

Gravy Biscuit
OR
Bacon & Egg Biscuit
OR
Toast & Cereal
Fruit
Milk/Juice

7
Steak Biscuit
OR
Bacon Biscuit
OR
Toast & Cereal
Fruit
Milk/Juice

8
Chicken Biscuit
OR
Egg & Cheese Biscuit
OR
Toast & Cereal
Fruit
Milk/Juice

9
Breakfast Pizza
OR
Muffin
OR
Toast & Cereal
Fruit
Milk/Juice

10
Syrup Day
OR
Pop-tarts
OR
Toast & Cereal
Fruit
Milk/Juice

11
Gravy Biscuit
OR
Bacon & Egg Biscuit
OR
Toast & Cereal
Fruit
Milk/Juice

14
Steak Biscuit
OR
Bacon Biscuit
OR
Toast & Cereal
Fruit
Milk/Juice

15
Chicken Biscuit
OR
Egg & Cheese Biscuit
OR
Toast & Cereal
Fruit
Milk/Juice

16
Breakfast Pizza
OR
Muffin
OR
Toast & Cereal
Fruit
Milk/Juice

17
Syrup Day
OR
Pop-tarts
OR
Toast & Cereal
Fruit
Milk/Juice

18
Gravy Biscuit
OR
Bacon & Egg Biscuit
OR
Toast & Cereal
Fruit
Milk/Juice

21
Steak Biscuit
OR
Bacon Biscuit
OR
Toast & Cereal
Fruit
Milk/Juice

22
Chicken Biscuit
OR
Egg & Cheese Biscuit
OR
Toast & Cereal
Fruit
Milk/Juice

23
Breakfast Pizza
OR
Muffin
OR
Toast & Cereal
Fruit
Milk/Juice

24
Syrup Day
OR
Pop-tarts
OR
Toast & Cereal
Fruit
Milk/Juice

25
Gravy Biscuit
OR
Bacon & Egg Biscuit
OR
Toast & Cereal
Fruit
Milk/Juice

28
Steak Biscuit
OR
Bacon Biscuit
OR
Toast & Cereal
Fruit
Milk/Juice

29
Chicken Biscuit
OR
Egg & Cheese Biscuit
OR
Toast & Cereal
Fruit
Milk/Juice

30
Breakfast Pizza
OR
Muffin
OR
Toast & Cereal
Fruit
Milk/Juice

