

September 2020

SUMMERVILLE MIDDLE

BREAKFAST



Cafeteria Manager, Sherri Whitlock

Start each day with a good breakfast!



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.

USDA is an equal opportunity provider, employer, and lender.



Monday



Tuesday

Wednesday

Thursday

Friday

Muffins
Cereal
Pop Tart
Fruit
Milk/Juice

7

Biscuit w/ meat
Cereal Bar
Cereal
Fruit
Milk/Juice

8

Biscuit w/ meat
Gravy
Cereal Bar
Fruit
Milk/Juice

9

Syrup Day
Cereal Bar
Cereal
Fruit
Milk/Juice

10

Breakfast Pizza
Cereal Bar
Cereal
Fruit
Milk/Juice

11

Muffins
Cereal
Pop Tart
Fruit
Milk/Juice

14

Biscuit w/ meat
Cereal Bar
Cereal
Fruit
Milk/Juice

15

Biscuit w/ meat
Gravy
Cereal Bar
Fruit
Milk/Juice

16

Syrup Day
Cereal Bar
Cereal
Fruit
Milk/Juice

17

Breakfast Pizza
Cereal Bar
Cereal
Fruit
Milk/Juice

18

Muffins
Cereal
Pop Tart
Fruit
Milk/Juice

21

Biscuit w/ meat
Cereal Bar
Cereal
Fruit
Milk/Juice

22

Biscuit w/ meat
Gravy
Cereal Bar
Fruit
Milk/Juice

23

Syrup Day
Cereal Bar
Cereal
Fruit
Milk/Juice

24

Breakfast Pizza
Cereal Bar
Cereal
Fruit
Milk/Juice

25

Muffins
Cereal
Pop Tart
Fruit
Milk/Juice

28

Biscuit w/ meat
Cereal Bar
Cereal
Fruit
Milk/Juice

29

Biscuit w/ meat
Gravy
Cereal Bar
Fruit
Milk/Juice

30

