

Grab n Go Breakfast September 2017



Monday

Tuesday

Wednesday

Thursday

Friday

				1 Maple Sausage Pancake 17g Fresh apple 14g Fruit Juice 12-14g Milk 12g
4 NO SCHOOL 	5 Loaded Breakfast Toast 18g Fresh apple 14g Fruit Juice 12-14g Milk 12g	6 Breakfast Bread 40g Fresh Banana 23g Fruit Juice 12-14g Milk 12g	7 Cold Cereal 21-24g Fresh Apple or Banana 14g-23g Fruit Juice 12-14g Milk 12g	8 Biscuit w/ Sausage 27g Fresh Banana 23g Fruit Juice 12-14g Milk 12g
11 French Toast 25g Fresh Apple or Banana 14g-23g Fruit Juice 12-14g Milk 12g	12 Apple Cinnamon Sausage Pancake 17g Applesauce 13.5g Fruit Juice 12-14g Milk 12g	13 Cheese Breadstick 26g Fresh Apple or Banana 14g-23g Fruit Juice 12-14g Milk 12g	14 Southern Peach Biscuit Fresh Banana 23g Fruit Juice 12-14g Milk 12g	15 Biscuit w/Canadian Ham & Cheese 27g Fresh apple 14g Fruit Juice 12-14g Milk 12g
18 Blueberry Mini Pancakes 35g Applesauce 13.5g Fruit Juice 12-14g Milk 12g	19 Sausage & Cheese Pita Pocket 15g Fresh Apple or Banana 14g-23g Fruit Juice 12-14g Milk 12g	20 Whole Grain Muffin 31g Fresh Banana 23g Fruit Juice 12-14g Milk 12g	21 Breakfast Pizza 22g Fresh Apple or Banana 14g-23g Fruit Juice 12-14g Milk 12g	22 English Muffin w/ Egg & Cheese 26g Fresh Apple 14g Fruit Juice 12-14g Milk 12g
25 Cold Cereal 21-24g Fresh Apple or Banana 14g-23g Fruit Juice 12-14g Milk 12g	26 French Toast 25g Applesauce 13.5g Fruit Juice 12-14g Milk 12g	27 Cheese Breadstick 26 g Fresh Apple or Banana 14g-23g Fruit Juice 12-14g Milk 12g	28 Biscuit w/Canadian Ham & Cheese 27g Fresh Banana 23g Fruit Juice 12-14g Milk 12g	29 Maple Sausage Pancake 17g Fresh apple 14g Fruit Juice 12-14g Milk 12g

Menu is subject to change without notice
This institute is an equal opportunity provider