

# September 2020

## Newfield Elementary School

### BREAKFAST



**School Information:** All breakfast and lunches are free for K-5. Please submit your free and reduce application by September 30<sup>th</sup>. Application can be found on our school website.



**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.



### Monday

**WELCOME BACK!**



### Tuesday

**Please Note:** 1  
**Menu is subject to change depending on availability of food product.**

### Wednesday

Breads are Whole 2  
Grain, Wheat or Whole  
Grain White

### Thursday

Milk is 1%, Low Fat 3  
Chocolate or Skim

### Friday

4

Labor Day!  
No school! 7

8

9

Cereal with 10  
Graham Crackers or  
Nutrigrain Bar  
Fruit, Milk

Muffins with Sunflower 11  
Seeds  
Fruit, Milk

Bagel and Cream 14  
Cheese  
Fruit, Milk

Cereal with Graham 15  
Crackers  
Fruit, Milk

Yogurt with Graham 16  
Crackers  
Fruit, Milk

Whole Grain 17  
Poptart  
Fruit, Milk

Nutrition Bar with Hard 18  
Boiled Egg  
Fruit, Milk

Cereal with 21  
Graham Crackers  
Fruit, Milk

Pancake Pods 22  
Fruit, Milk

Breakfast Cookie 23  
Fruit, Milk

Baglers 24  
Fruit, Milk

Cereal with Graham 25  
Crackers  
Fruit, Milk

Whole Grain 28  
Poptart  
Fruit, Milk

Mini Cinnis 29  
Fruit, Milk

Cereal with Graham 30  
Crackers  
Fruit, Milk

