

September 2020

Middle/High School-MON/TUE & THR/FRI MENU

BREAKFAST



School Information: Please submit your free and reduce application by September 30th. Application can be found on our school website. All students 6-12th grade receive free breakfast. Lunches are \$2.75 per meal unless qualified.



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

Tuesday

Wednesday

Thursday

Friday

WELCOME BACK!



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

Breads are Whole Grain, Wheat or Whole Grain White

Milk is 1%, Low Fat Chocolate or Skim

No School!

4

Labor Day!
No School!

7

No School!
STAFF ONLY

8

Wear Your Mask
And Remember to
Social Distance!

9

Breakfast Cookie
or Cereal w/
Graham Crackers or Yogurt
Fruit, Milk

10

Breakfast Cookie or
Cereal w/ Graham Crackers
or Yogurt
Fruit, Milk

11

Breakfast Cookie
or Cereal w/
Graham Crackers or Yogurt
Fruit, Milk

14

Whole Grain Pop tart
Cereal w/ Graham Crackers
or Yogurt Fruit, Milk

15

222

16

Breakfast Cookie
or Cereal w/
Graham Crackers or Yogurt
Fruit, Milk

17

Whole Grain Pop tart
Cereal w/ Graham Crackers
or Yogurt Fruit, Milk

18

Whole Grain Pop tart
Cereal w/Graham
Crackers or Yogurt
Fruit, Milk

21

Breakfast Cookie or
Cereal w/ Graham
Crackers or Yogurt
Fruit, Milk

22

23

Whole Grain Pop tart
Cereal w/Graham
Crackers or Yogurt
Fruit & Milk

24

Breakfast Cookie or
Cereal w/Graham Crackers
or Yogurt
Fruit & Milk

25

Whole Grain Pop tart
Cereal w/Graham
Crackers or Yogurt
Fruit & Milk

23

Breakfast Cookie or
Cereal w/Graham Crackers
or Yogurt
Fruit & Milk

29

30

28

