

Made-from-scratch, wholesome meals

Produce fresh from local, organic farms where possible

Meets and exceeds USDA School Meal requirements

Meals crafted by true chefs & nutrition experts



## September High School Breakfast Menu

Choice of 1% Milk or Non Fat Milk Served Daily With All Breakfast

<b>2</b> No School Labor Day	<b>3</b> No School	<b>4</b> Blueberry Muffin, Fresh Fruit, Fruit Juice	<b>5</b> Beef Sausage Sandwich, Fresh Fruit, Fruit Juice	<b>6</b> French Toast Sticks, Fresh Fruit, Fruit Juice
<b>9</b> Yogurt w/ Granola, Fresh Fruit, Fruit Juice	<b>10</b> Chicken and Maple Waffles, Fresh Fruit, Fruit Juice	<b>11</b> Banana Muffin, Fresh Fruit, Fruit Juice	<b>12</b> Grits w/ Butter, Turkey Sausage Patty, Fresh Fruit, Fruit Juice	<b>13</b> Cinnamon Rolls w/ Icing, Fresh Fruit, Fruit Juice
<b>16</b> Cinnamon Toast Crunch Cereal, Cheese String, Fresh Fruit, Fruit Juice	<b>17</b> Scrambled Eggs, Biscuit w/ Jelly, Fresh Fruit, Fruit Juice	<b>18</b> Blueberry Muffin, Fresh Fruit, Fruit Juice	<b>19</b> Maple Pancake Chicken Sausage Sandwich, Fresh Fruit, Fruit Juice	<b>20</b> French Toast Sticks, Fresh Fruit, Fruit Juice
<b>23</b> Yogurt w/ Granola, Fresh Fruit, Fruit Juice	<b>24</b> Chicken and Maple Waffles, Fresh Fruit, Fruit Juice	<b>25</b> Banana Muffin, Fresh Fruit, Fruit Juice	<b>26</b> Grits w/ Butter, Turkey Sausage Patty, Fresh Fruit, Fruit Juice	<b>27</b> Cinnamon Rolls w/ Icing, Fresh Fruit, Fruit Juice
<b>30</b> Cinnamon Toast Crunch Cereal, Cheese String, Fresh Fruit, Fruit Juice				Fresh Fruit or Fruit Juice Served Daily With All Breakfast