



# SEPTEMBER | 2018

## BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>3</b> BREAKFAST IN ALL BUILDINGS IS SERVED AT 7:25 EVERY MORNING.</p> <p>BREAKFAST \$2.00 REDUCED .30 MILK .50</p>	<p><b>4</b> FAT FREE MILK YOGURT WHOLE GRAIN CRACKERS FRUIT CUP 100% FRUIT JUICE</p>	<p><b>5</b> FAT FREE MILK APPLE CINNAMON MUFFIN STRING CHEESE FRESH FRUIT 100% FRUIT JUICE</p>	<p><b>6</b> FAT FREE MILK WHOLE GRAIN PANCAKES ORANGE WEDGES 100 % FRUIT JUICE</p>	<p><b>7</b> FAT FREE MILK HAM/ EGG AND CHEESE SERVED ON A WHOLE GRAIN ENGLISH MUFFIN FRESH APPLE OR ORANGE 100% FRUIT JUICE</p>
<p><b>10</b> FAT FREE MILK WHOLE GRAIN FRENCH TOAST STICKS APPLESAUCE CUP 100% FRUIT JUICE</p>	<p><b>11</b> FAT FREE MILK BANANA NUT MUFFIN LOW FAT STRING CHEESE FRESH APPLE SLICES 100% FRUIT JUICE</p>	<p><b>12</b> FAT FREE MILK YOGURT WHOLE GRAIN CRACKERS FRUIT CUP 100% FRUIT JUICE</p>	<p><b>13</b> FAT FREE MILK SAUSAGE/EGG/CHEESE ON A WHOLE GRAIN BAGEL FRESH WHOLE FRUIT 100% FRUIT JUICE</p>	<p><b>14</b> FAT FREE MILK WHOLE GRAIN PANCAKES ORANGE WEDGES 100 % FRUIT JUICE</p>
<p><b>17</b> FAT FREE MILK SAUSAGE/EGG/CHEESE ON A WHOLE GRAIN BAGEL FRESH WHOLE FRUIT 100% FRUIT JUICE</p>	<p><b>18</b> FAT FREE MILK YOGURT WHOLE GRAIN CRACKERS FRUIT CUP 100% FRUIT JUICE</p>	<p><b>19</b> FAT FREE MILK APPLE CINNAMON MUFFIN STRING CHEESE FRESH FRUIT 100% FRUIT JUICE</p>	<p><b>20</b> FAT FREE MILK WHOLE GRAIN PANCAKES ORANGE WEDGES 100 % FRUIT JUICE</p>	<p><b>21</b> FAT FREE MILK HAM/ EGG AND CHEESE SERVED ON A WHOLE GRAIN ENGLISH MUFFIN FRESH APPLE OR ORANGE 100% FRUIT JUICE</p>
<p><b>24</b> FAT FREE MILK WHOLE GRAIN FRENCH TOAST STICKS APPLESAUCE CUP 100% FRUIT JUICE</p>	<p><b>25</b> FAT FREE MILK BANANA NUT MUFFIN LOW FAT STRING CHEESE FRESH APPLE SLICES 100% FRUIT JUICE</p>	<p><b>26</b> FAT FREE MILK YOGURT WHOLE GRAIN CRACKERS FRUIT CUP 100% FRUIT JUICE</p>	<p><b>27</b> FAT FREE MILK SAUSAGE/EGG/CHEESE ON A WHOLE GRAIN BAGEL FRESH WHOLE FRUIT 100% FRUIT JUICE</p>	<p><b>28</b> FAT FREE MILK WHOLE GRAIN PANCAKES ORANGE WEDGES 100 % FRUIT JUICE</p>

### News

#### WELCOME BACK STUDENTS

Please remember to fill out a new free/reduced lunch form for school year 2018-19 before October 1st

**BREAKFAST IS SERVED EVERYDAY IN ALL THREE SCHOOL BUILDINGS FOR JUST \$ 2.00 OR .30 FOR REDUCED.**

**ANYONE WHO QUALIFIES FOR FREE AND REDUCED LUNCH ALSO RECEIVES FREE AND REDUCED BREAKFAST!!!!**

**MILK CHOICES INCLUDE FLAVORED AND UNFLAVORED FAT FREE MILK DAILY WITH ALL MEALS**

**Fresh fruit bar included with all breakfast**