



Secondary Breakfast Cycle Menu - September 2024

Monday	Tuesday	Wednesday	Thursday	Friday
9/2/24	9/3/24	9/4/24	9/5/24	9/6/24
NO SCHOOL	French Toast Sticks with Syrup or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Dutch Waffle or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Mini Blueberry Pancakes or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Breakfast Pizza or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk
9/9/24	9/10/24	9/11/24	9/12/24	9/13/24
Egg & Cheese Croissant or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Chocolate Chip French Toast or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Cherry Strudel or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Strawberry Mini Bagel or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Breakfast Pizza or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk
9/16/24	9/17/24	9/18/24	9/19/24	9/20/24
Strawberries & Cream Smoothie Bowl or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	French Toast Sticks with Syrup or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Dutch Waffles or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Sliced Banan Bread or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Breakfast Pizza or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk
9/23/24	9/24/24	9/25/24	9/26/24	9/27/24
Egg & Cheese Burrito or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Chocolate Chip French Toast or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Dutch Waffles or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Cheese Omelet with Blueberry Muffin or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Whole Wheat Glazed Donut or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk
9/30/24				
Breakfast Pizza or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk				

What is a Meal?
 You must choose at least 3 of the 4 components available for the school breakfast price.
Choice of: Grain or grain/protein
Choice of fruit or vegetable (must take at least a 1/2 cup) and
Choice of Milk
Choice of Milk - 1% white, fat-free white, chocolate, vanilla and strawberry
 You must take at least 1/2 cup of fruit or vegetable

Whole Grain Cereal Selection May Include:
 Cinnamon Toast Crunch
 Trix
 Cocoa Puffs
 Fruity Cheerios
 Rice Crunch
 Kix
 Cheerios
 Fruit Loops
 Frosted Flakes
 Served with Toast

Fruit May Include:
 Canned peaches, applesauce, pears, pineapple, fruit cocktail, mandarin oranges, 100% juice (apple, orange), fresh fruit selection including apples, bananas and oranges

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All Students Receive FREE Breakfast for School Year Adult Breakfast \$2.85

USDA is an equal opportunity provider and employer.