



School Information: WE ARE AN EQUAL OPPORTUNITY PROVIDER.



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



NO SCHOOL
LABOR DAY

7

Tuesday

CEREAL CHOICE
PBJ SANDWICH
FRUIT JUICE MILK

1

CEREAL CHOICE
PBJ SANDWICH
FRUIT JUICE MILK

8

Wednesday

LOW FAT YOGURT
WG POP TART
FRUIT JUICE MILK

2

LOW FAT YOGURT
WG DONUT
FRUIT JUICE MILK

9

Thursday

CEREAL CHOICE
PBJ SANDWICH
FRUIT JUICE MILK

3

CEREAL CHOICE
PBJ SANDWICH
FRUIT JUICE MILK

10

Friday

BREAKFAST BURRITO
WG TOAST FRUIT
JUICE MILK

4

WG PANCAKES
SAUSAGE PATTY
FRUIT JUICE MILK

11

BREAKFAST PIZZA
FRUIT JUICE
MILK

14

CEREAL CHOICE
PBJ SANDWICH
FRUIT JUICE MILK

15

LOW FAT YOGURT
WG CINNAMON ROLL
FRUIT JUICE MILK

16

NO SCHOOL
PARENT TEACHER
CONFERENCES

17

NO SCHOOL
PARENT TEACHER
CONFERENCES

18

FRENCH TOAST
BACON STRIPS
FRUIT JUICE MILK

21

CEREAL CHOICE
PBJ SANDWICH
FRUIT JUICE MILK

22

LOW FAT YOGURT
WG POP TART
FRUIT JUICE MILK

23

CEREAL CHOICE
PBJ SANDWICH
FRUIT JUICE MILK

24

SAUSAGE EGG BISCUIT
FRUIT JUICE
MILK

25

SAUSAGE GRAVY ON
WG BISCUIT
FRUIT JUICE MILK

28

CEREAL CHOICE
PBJ SANDWICH
FRUIT JUICE MILK

29

LOW FAT YOGURT
WG DONUT
FRUIT JUICE MILK

30

