SEPTEMBER 2022







BREAKFAST



7-8 Grades (DREM)

"This institution is an equal opportunity provider."



Nutrition Tip: Be mindful---take your time and notice what you eat. Eating quickly while you're on the run and distracted can mean you eat more food than you need. It takes 30 minutes for your stomach to tell your brain that it's full. Slow down and wait for meals to digest. Minimize distractions such as phones and TV.

Menus are subject to change based on product availability. MONDAY TUESDAY **WEDNESDAY THURSDAY FRIDAY** Milk Choices Daily: Low Fat White, Fat Free White, Fat Free Chocolate Pancake Pup OR Sausage Patty Muffin Grits Bowl Adult Meal Price: \$3.07 Yogurt Parfait Cereal Bowl Cereal Bowl Assorted Chilled Fruit **Assorted Chilled Fruit** Fruit Juice Fruit Juice WEDNESDAY **FRIDAY** MONDAY THURSDAY 5 8 6 9 Chicken Bites Breakfast Pizza OR Chicken Bites w/Mini Pancakes & Syrup OR Breakfast Dunkin Stick No School Seasoned Potato Rounds Cereal Bowl Muffin Pop Tart Cereal Bowl Assorted Chilled Fruit Yogurt Parfait Yogurt Parfait Fruit Juice Assorted Chilled Fruit Cereal Bowl Assorted Chilled Fruit Labor Day Holiday Fruit Juice Assorted Chilled Fruit Fruit Juice Fruit Juice THURSDAY MONDAY TUESDAY WEDNESDAY **FRIDAY** 12 13 14 15 16 Sausage Patty Mini Banana or Blueberry Loaf Breakfast Pizza OR Pancake Pup OR Sausage Patty Grits Bowl Yogurt Cereal Bowl Muffin Toast Cereal Bowl Cereal Bowl Yogurt Parfait Yogurt Parfait Cereal Bowl Assorted Chilled Fruit Assorted Chilled Fruit Assorted Chilled Fruit Cereal Bowl Assorted Chilled Fruit Fruit Juice Fruit Juice Fruit Juice Assorted Chilled Fruit Fruit Juice Fruit Juice **THURSDAY MONDAY TUESDAY WEDNESDAY FRIDAY** 19 20 21 22 23 Nutri-Grain Bar Chicken Bites Breakfast Pizza OR Chicken Bites w/Mini Pancakes & Syrup OR Breakfast Dunkin Stick Muffin Seasoned Potato Rounds Cereal Bowl Muffin Pop Tart Yogurt Assorted Chilled Fruit Yogurt Parfait Yogurt Parfait Cereal Bowl Cereal Bowl Fruit Juice Assorted Chilled Fruit Cereal Bowl Assorted Chilled Fruit Assorted Chilled Fruit Assorted Chilled Fruit Fruit Juice Fruit Juice Fruit Juice Fruit Juice **MONDAY TUESDAY** WEDNESDAY **THURSDAY FRIDAY** 27 30 26 28 29 Mini Banana or Blueberry Loaf Breakfast Pizza OR Pancake Pup OR Sausage Patty Sausage Patty Grits Bowl Yogurt Cereal Bowl Muffin Grits Bowl Cereal Bowl Cereal Bowl Yogurt Parfait Cereal Bowl Yogurt Parfait Assorted Chilled Fruit Assorted Chilled Fruit Assorted Chilled Fruit Cereal Bowl Assorted Chilled Fruit Fruit Juice Assorted Chilled Fruit Fruit Juice Fruit Juice Fruit Juice Fruit Juice