

SEPTEMBER 2022



BREAKFAST

<div>  <h2>7-8 Grades (DREM)</h2> <p>"This institution is an equal opportunity provider."</p> </div> <div>  </div>		<p>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.</p> <p>Menus are subject to change based on product availability.</p>		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Milk Choices Daily: Low Fat White, Fat Free White, Fat Free Chocolate</p> <p>Adult Meal Price: \$3.07</p>			<p>Pancake Pup OR Muffin Yogurt Parfait Cereal Bowl Assorted Chilled Fruit Fruit Juice</p>	<p>Sausage Patty Grits Bowl Cereal Bowl Assorted Chilled Fruit Fruit Juice</p>
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>No School</p> <p>Labor Day Holiday</p>	<p>Chicken Bites Seasoned Potato Rounds Assorted Chilled Fruit Fruit Juice</p>	<p>Breakfast Pizza OR Cereal Bowl Yogurt Parfait Assorted Chilled Fruit Fruit Juice</p>	<p>Chicken Bites w/Mini Pancakes & Syrup OR Muffin Yogurt Parfait Cereal Bowl Assorted Chilled Fruit Fruit Juice</p>	<p>Breakfast Dunkin Stick Pop Tart Cereal Bowl Assorted Chilled Fruit Fruit Juice</p>
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Sausage Patty Grits Bowl Cereal Bowl Assorted Chilled Fruit Fruit Juice</p>	<p>Mini Banana or Blueberry Loaf Yogurt Cereal Bowl Assorted Chilled Fruit Fruit Juice</p>	<p>Breakfast Pizza OR Cereal Bowl Yogurt Parfait Assorted Chilled Fruit Fruit Juice</p>	<p>Pancake Pup OR Muffin Yogurt Parfait Cereal Bowl Assorted Chilled Fruit Fruit Juice</p>	<p>Sausage Patty Toast Cereal Bowl Assorted Chilled Fruit Fruit Juice</p>
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Nutri-Grain Bar Muffin Yogurt Cereal Bowl Assorted Chilled Fruit Fruit Juice</p>	<p>Chicken Bites Seasoned Potato Rounds Assorted Chilled Fruit Fruit Juice</p>	<p>Breakfast Pizza OR Cereal Bowl Yogurt Parfait Assorted Chilled Fruit Fruit Juice</p>	<p>Chicken Bites w/Mini Pancakes & Syrup OR Muffin Yogurt Parfait Cereal Bowl Assorted Chilled Fruit Fruit Juice</p>	<p>Breakfast Dunkin Stick Pop Tart Cereal Bowl Assorted Chilled Fruit Fruit Juice</p>
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Sausage Patty Grits Bowl Cereal Bowl Assorted Chilled Fruit Fruit Juice</p>	<p>Mini Banana or Blueberry Loaf Yogurt Cereal Bowl Assorted Chilled Fruit Fruit Juice</p>	<p>Breakfast Pizza OR Cereal Bowl Yogurt Parfait Assorted Chilled Fruit Fruit Juice</p>	<p>Pancake Pup OR Muffin Yogurt Parfait Cereal Bowl Assorted Chilled Fruit Fruit Juice</p>	<p>Sausage Patty Grits Bowl Cereal Bowl Assorted Chilled Fruit Fruit Juice</p>