



# September 2022 HS Breakfast Menu

<p><i>Carbs are listed for each item in blue font.</i></p>	<p><i>Option every day for additional serving of string cheese (1m) or fruit yogurt (1m)</i></p>		<p>1 Banana Bread Slice (2wg) 43 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13</p> <p><i>Cal 485 Sod 360 Sugar 59</i></p>	<p>2 Strawberry Chex Pouch (1wg) 23 Whole Apple (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 24/13</p> <p><i>Cal 430 Sod 195 Sugar 31</i></p>
<p>5 <b>Labor Day</b></p>	<p>6 Straw Pull Apart Bagel (2wg) 42 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13</p> <p><i>Cal 445 Sod 330 Sugar 47</i></p>	<p>7 Cinnamon Bun (2wg) 34 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13</p> <p><i>Cal 470 Sod 255 Sugar 66</i></p>	<p>8 Blueberry Muffin (2wg) 45 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13</p> <p><i>Cal 485 Sod 280 Sugar 56</i></p>	<p>9 Cinnamon Puff Pastry (2wg) 41 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13</p> <p><i>Cal 475 Sod 430 Sugar 49</i></p>
<p>12 Choc Oatmeal Bar (2wg) 30 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13</p> <p><i>Cal 495 Sod 280 Sugar 53</i></p>	<p>13 Choc Smart Muffin (2wg) 45 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk 1c) 24/13</p> <p><i>Cal 485 Sod 280 Sugar 56</i></p>	<p>14 Cinnamon Bun (2wg) 34 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13</p> <p><i>Cal 470 Sod 255 Sugar 66</i></p>	<p>15 Bagel &amp; CC (1m, 2wg) 27 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13</p> <p><i>Cal 444 Sod 474 Sugar 37</i></p>	<p>16 Choc Muffin Top (1wg) 27 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13</p> <p><i>Cal 405 Sod 255 Sugar 48</i></p>
<p>19 Berry Oatmeal Bar (2wg) 30 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13</p> <p><i>Cal 495 Sod 255 Sugar 66</i></p>	<p>20 String Cheese &amp; Grahams (1m,1wg) 13 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13</p> <p><i>Cal 405 Sod 340 Sugar 40</i></p>	<p>21 Cinnamon Bun (2wg) 34 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13</p> <p><i>Cal 470 Sod 255 Sugar 66</i></p>	<p>22 Pumpkin Slice (2wg) 43 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13</p> <p><i>Cal 470 Sod 255 Sugar 66</i></p>	<p>23 Cinnamon Pull Apart Bagel (2wg) 42 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13</p> <p><i>Cal 445 Sod 330 Sugar 47</i></p>
<p>26 Poptart (1.25wg) 38 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13</p> <p><i>Cal 480 Sod 330 Sugar 66</i></p>	<p>27 Corn Smart Muffin (2wg) 36 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13</p> <p><i>Cal 435 Sod 255 Sugar 52</i></p>	<p>28 Cinnamon Bun (2wg) 34 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13</p> <p><i>Cal 470 Sod 255 Sugar 66</i></p>	<p>29 Banana Bread Slice (2wg) 43 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13</p> <p><i>Cal 485 Sod 360 Sugar 59</i></p>	<p>30 Strawberry Chex Pouch (1wg) 23 Whole Apple (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 24/13</p> <p><i>Cal 430 Sod 195 Sugar 31</i></p>

NO PORK or PEANUTS SERVED AT ANY TIME MENU SUBJECT TO CHANGE

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