



# September 2023 9-12 Breakfast Menu

<i>Carbs are listed for each item in blue font.</i>	<i>Per USDA Rule, 9-12 Student Option every day for additional serving of oatmeal bar (2wg), poptart (1.25wg), or fruit yogurt (1m)</i>			1 Berry Oatmeal Bar (2wg) 30 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13  <i>Cal 495 Sod 255 Sugar 66</i>
4  Labor Day	5 Cereal Bar (1wg) 30 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13  <i>Cal 450 Sod 255 Sugar 58</i>	6 Cinnamon Bun (2wg) 34 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13  <i>Cal 470 Sod 255 Sugar 66</i>	7 Bagel & CC (1m, 2wg) 27 Craisins (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 24/13  <i>Cal 444 Sod 474 Sugar 37</i>	8 Choc Muffin Top (1wg) 27 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13  <i>Cal 405 Sod 255 Sugar 48</i>
11 Berry Oatmeal Bar (2wg) 30 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13  <i>Cal 495 Sod 255 Sugar 66</i>	12 String Cheese & Grahams (1m,1wg) 13 Tree Top Apple Chips (1/2c) 10 Juice (1/2c) 14 Choc/White Milk (1c) 24/13 <i>Cal 405 Sod 340 Sugar 40</i>	13 Cinnamon Bun (2wg) 34 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13  <i>Cal 470 Sod 255 Sugar 66</i>	14 Lemon Slice (2wg) 43 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13  <i>Cal 470 Sod 255 Sugar 66</i>	15 Straw Pull Apart Bagel (2wg) 42 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13 <i>Cal 445 Sod 330 Sugar 47</i>
18 Poptart (1.25wg) 38 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13  <i>Cal 480 Sod 330 Sugar 66</i>	19 Super Breakfast Ring 29 Craisins (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 24/13  <i>Cal 430 Sod 195 Sugar 31</i>	20 Cinnamon Bun (2wg) 34 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13  <i>Cal 470 Sod 255 Sugar 66</i>	21 Chocolate Slice (2wg) 43 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13  <i>Cal 470 Sod 255 Sugar 66</i>	22 Cinnamon Puff Pastry (2wg) 41 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13 <i>Cal 475 Sod 430 Sugar 49</i>
25 Cereal Bar (1wg) 30 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13  <i>Cal 450 Sod 255 Sugar 58</i>	26 Corn Muffin (2wg) 36 Apple Chips (1/2c) 10 Juice (1/2c) 14 Choc/White Milk (1c) 24/13  <i>Cal 445 Sod 330 Sugar 47</i>	27 Cinnamon Bun (2wg) 34 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13  <i>Cal 470 Sod 255 Sugar 66</i>	28 Berry Muffin Top (1wg) 26 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13  <i>Cal 485 Sod 280 Sugar 56</i>	29 Berry Oatmeal Bar (2wg) 30 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13  <i>Cal 495 Sod 255 Sugar 66</i>

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

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