



# hello SEPTEMBER

**Monday****1**

LABOR DAY

**Tuesday****2**

HOUSEMADE YOGURT PARF  
AIT  
PEACHES & CREAM SMOOTHIE  
CEREAL, VARIETY (WG)  
CRACKERS, ASSTD. (WG)  
STRING CHEESE, MOZZ  
FRUIT, FRESH, ASSTD  
MILK, 1% LOWFAT  
MILK, SKIM

**Wednesday****3**

FRENCH TOAST CASSEROLE  
BREAKFAST SYRUP  
CEREAL, VARIETY (WG)  
CRACKERS, ASSTD. (WG)  
STRING CHEESE, MOZZ  
WHEAT BAGEL  
CREAM CHEESE  
FRUIT, FRESH, ASSTD  
MILK, 1% LOWFAT  
MILK, SKIM

**Thursday****4**

PANCAKE WRAPPED SAUSAGE  
STICK  
BAGEL, STRAWBERRY FILLED  
CEREAL, VARIETY (WG)  
CRACKERS, ASSTD. (WG)  
STRING CHEESE, MOZZ  
FRUIT, FRESH, ASSTD  
MILK, 1% LOWFAT  
MILK, SKIM

**Friday****5****8**

CHEESE & SAUSAGE ENGLISH  
MUFFIN SANDWICH  
WHEAT BAGEL  
CREAM CHEESE  
CEREAL, VARIETY (WG)  
CRACKERS, ASSTD. (WG)  
STRING CHEESE, MOZZ  
FRUIT, FRESH, ASSTD  
MILK, 1% LOWFAT  
MILK, SKIM

**9**

HOMEMADE WHOLE WHEAT  
PANCAKES  
BREAKFAST SYRUP  
WHEAT BAGEL  
CREAM CHEESE  
CEREAL, VARIETY (WG)  
CRACKERS, ASSTD. (WG)  
STRING CHEESE, MOZZ  
FRUIT, FRESH, ASSTD  
MILK, 1% LOWFAT  
MILK, SKIM

**10**

FRENCH TOAST STICKS  
BREAKFAST SYRUP  
CEREAL, VARIETY (WG)  
CRACKERS, ASSTD. (WG)  
STRING CHEESE, MOZZ  
WHEAT BAGEL  
CREAM CHEESE  
FRUIT, FRESH, ASSTD  
MILK, 1% LOWFAT  
MILK, SKIM

**11**

HOMEMADE BREAKFAST BURRITO  
WHEAT BAGEL  
CREAM CHEESE  
CEREAL, VARIETY (WG)  
CRACKERS, ASSTD. (WG)  
STRING CHEESE, MOZZ  
FRUIT, FRESH, ASSTD  
MILK, 1% LOWFAT  
MILK, SKIM

**12**

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| 15                                                                                                                                                                                                          | 16                                                                                                                                                                                                                 | 17                                                                                                                                                                                                           | 18                                                                                                                                                                                                | 19 |
| MUFFIN, BANANA (WG)<br>WHEAT BAGEL<br>CREAM CHEESE<br>CEREAL, VARIETY (WG)<br>CRACKERS, ASSTD. (WG)<br>STRING CHEESE, MOZZ<br>FRUIT, FRESH, ASSTD<br>MILK, 1% LOWFAT<br>MILK, SKIM                          | HOUSEMADE YOGURT PARF<br>AIT<br>PEACHES & CREAM SMOOT<br>HIE<br>CEREAL, VARIETY (WG)<br>CRACKERS, ASSTD. (WG)<br>STRING CHEESE, MOZZ<br>FRUIT, FRESH, ASSTD<br>MILK, 1% LOWFAT<br>MILK, SKIM                       | FRENCH TOAST CASSEROL<br>E<br>BREAKFAST SYRUP<br>CEREAL, VARIETY (WG)<br>CRACKERS, ASSTD. (WG)<br>STRING CHEESE, MOZZ<br>WHEAT BAGEL<br>CREAM CHEESE<br>FRUIT, FRESH, ASSTD<br>MILK, 1% LOWFAT<br>MILK, SKIM | PANCAKE WRAPPED SAUSA<br>GE STICK<br>BAGEL, STRAWBERRY FILLE<br>D<br>CEREAL, VARIETY (WG)<br>CRACKERS, ASSTD. (WG)<br>STRING CHEESE, MOZZ<br>FRUIT, FRESH, ASSTD<br>MILK, 1% LOWFAT<br>MILK, SKIM |    |
| 22                                                                                                                                                                                                          | 23                                                                                                                                                                                                                 | 24                                                                                                                                                                                                           | 25                                                                                                                                                                                                | 26 |
| CHEESE & SAUSAGE ENGLI<br>SH MUFFIN SANDWICH<br>WHEAT BAGEL<br>CREAM CHEESE<br>CEREAL, VARIETY (WG)<br>CRACKERS, ASSTD. (WG)<br>STRING CHEESE, MOZZ<br>FRUIT, FRESH, ASSTD<br>MILK, 1% LOWFAT<br>MILK, SKIM | HOMEMADE WHOLE WHEAT<br>PANKAKES<br>BREAKFAST SYRUP<br>WHEAT BAGEL<br>CREAM CHEESE<br>CEREAL, VARIETY (WG)<br>CRACKERS, ASSTD. (WG)<br>STRING CHEESE, MOZZ<br>FRUIT, FRESH, ASSTD<br>MILK, 1% LOWFAT<br>MILK, SKIM | FRENCH TOAST STICKS<br>BREAKFAST SYRUP<br>CEREAL, VARIETY (WG)<br>CRACKERS, ASSTD. (WG)<br>STRING CHEESE, MOZZ<br>WHEAT BAGEL<br>CREAM CHEESE<br>FRUIT, FRESH, ASSTD<br>MILK, 1% LOWFAT<br>MILK, SKIM        | HOMEMADE BREAKFAST BU<br>RRITO<br>WHEAT BAGEL<br>CREAM CHEESE<br>CEREAL, VARIETY (WG)<br>CRACKERS, ASSTD. (WG)<br>STRING CHEESE, MOZZ<br>FRUIT, FRESH, ASSTD<br>MILK, 1% LOWFAT<br>MILK, SKIM     |    |
| 29                                                                                                                                                                                                          | 30                                                                                                                                                                                                                 |                                                                                                                                                                                                              |                                                                                                                                                                                                   |    |
| BREAKFAST POCKET, EGG<br>& CHEESE<br>WHEAT BAGEL<br>CREAM CHEESE<br>CEREAL, VARIETY (WG)<br>CRACKERS, ASSTD. (WG)<br>STRING CHEESE, MOZZ<br>FRUIT, FRESH, ASSTD<br>MILK, 1% LOWFAT<br>MILK, SKIM            | HOUSEMADE YOGURT PARF<br>AIT<br>PEACHES & CREAM SMOOT<br>HIE<br>CEREAL, VARIETY (WG)<br>CRACKERS, ASSTD. (WG)<br>STRING CHEESE, MOZZ<br>FRUIT, FRESH, ASSTD<br>MILK, 1% LOWFAT<br>MILK, SKIM                       |                                                                                                                                                                                                              |                                                                                                                                                                                                   |    |

This institution is an equal opportunity provider.

\*Allergen information available upon request