



Grab & Go Breakfast Menu

*****Menu items are subject to change based on availability. *****



Nutrition Tip: September is Whole Grains Month! Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



Monday



Tuesday

Wednesday

Thursday

Friday

7

1

2

3

4

Frosted Pop-Tart
Fresh Apple
Orange juice
Chocolate Milk

8

**Filled Cinnamon Toast
Crunch Bar**
Fresh Orange
Grape Juice
1% Milk

9

Real Fruit Yogurt
Graham Crackers Sticks
Fresh Pear
Apple Juice
1% Milk

10

Filled Cocoa Puff Bar
Fresh Apple
Orange Juice
1% Milk

11

Mini Pancake Bites
Fresh Apple
Pineapple Juice
1% Milk

14

Real Fruit Yogurt
Graham Crackers Sticks
Fresh Pear
Apple Juice
1% Milk

15

Filled Cocoa Puff Bar
Fresh Apple
Orange Juice
1% Milk

16

Frosted Pop-Tart
Apple
Orange juice
Chocolate Milk

17

**Filled Cinnamon Toast
Crunch Bar**
Fresh Orange
Grape Juice
1% Milk

18

**Mini French Toast
Sticks**
Fresh Pear
Apple Juice
1% Milk

21

Frosted Pop-Tart
Apple
Orange juice
Chocolate Milk

22

**Filled Cinnamon Toast
Crunch Bar**
Fresh Orange
Grape Juice
1% Milk

23

Real Fruit Yogurt
Graham Crackers Sticks
Fresh Orange
Apple Juice
1% Milk

24

Filled Cocoa Puff Bar
Fresh Apple
Orange Juice
1% Milk

25

**Mini Blueberry
Pancake Bites**
Fresh Pear
Apple Juice
1% Milk

28

Real Fruit Yogurt
Graham Crackers Sticks
Fresh Orange
Apple Juice
1% Milk

29

Frosted Pop-Tart
Fresh Apple
Orange juice
Chocolate Milk

30

