

# August

## K-12 Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
	<ul style="list-style-type: none"> <li>hot cheesy bagel sandwich/fruit</li> <li>breakfast cinnamon crumble/fruit</li> <li>multigrain cheerios/zac attack strawberry (1.35 oz)/fruit (df)</li> </ul> <p style="text-align: right;">1</p>	<ul style="list-style-type: none"> <li>hot omelet w/ cheese/fruit</li> <li>blueberry muffin/fruit</li> <li>corn chex/mini dipperdoodle bar/fruit (df)</li> </ul> <p style="text-align: right;">2</p>	<ul style="list-style-type: none"> <li>hot rise &amp; shine breakfast burrito (egg &amp; cheese) /fruit</li> <li>apple cinna-grins cereal/ [9-12 egg] / fruit (df)</li> <li>plain whole wheat bagel/cream cheese/fruit</li> </ul> <p style="text-align: right;">3</p>	<ul style="list-style-type: none"> <li>banana muffin/fruit</li> <li>yogurt/skeeter cinnamon grahams/fruit</li> </ul> <p style="text-align: right;">4</p>
<ul style="list-style-type: none"> <li>multigrain cheerios/zac attack strawberry (1.35 oz)/fruit (df)</li> <li>string cheese/skeeter cinn grahams/fruit</li> </ul> <p style="text-align: right;">7</p>	<ul style="list-style-type: none"> <li>hot southwest chicken chorizo and cheese bagel sandwich/fruit</li> <li>rf cocoa critters cereal/fruit (df)</li> <li>cold bagel sandwich with turkey and cream cheese/fruit</li> </ul> <p style="text-align: right;">8</p>	<ul style="list-style-type: none"> <li>hot pancakes w/ syrup/fruit</li> <li>apple muffin/fruit</li> <li>skeeter honey grahams/cinnamon rumbles/fruit (df)</li> </ul> <p style="text-align: right;">9</p>	<ul style="list-style-type: none"> <li>hot egg and sausage quesadilla/fruit</li> <li>breakfast cinnamon crumble/fruit</li> <li>yogurt/educational snacks/fruit</li> </ul> <p style="text-align: right;">10</p>	<ul style="list-style-type: none"> <li>french toast muffin/fruit</li> <li>plain whole wheat bagel/cream cheese/fruit</li> </ul> <p style="text-align: right;">11</p>
<ul style="list-style-type: none"> <li>rf snow flurries cereal/fruit (df)</li> <li>jumpstart breakfast: mini dipperdoodle (1.3 oz)/string cheese/ fruit</li> </ul> <p style="text-align: right;">14</p>	<ul style="list-style-type: none"> <li><b>*NEW*</b> hot breakfast panada pie with eggs, cheese, and green chilies/fruit</li> <li>zac omega bar strawberry (2.5 oz)/fruit (df)</li> <li>banana muffin/fruit</li> </ul> <p style="text-align: right;">15</p>	<ul style="list-style-type: none"> <li><b>*NEW*</b> hot mini cheese omelet with french toast stick/fruit</li> <li>apple cinna-grins cereal/ [9-12 egg] / fruit (df)</li> <li>yogurt/granola/ fruit</li> </ul> <p style="text-align: right;">16</p>	<ul style="list-style-type: none"> <li>hot classic chicken sausage and cheddar brekwich (english muffin)/fruit</li> <li>blueberry muffin/fruit</li> <li>cold turkey and cheddar brekwich (english muffin)/fruit</li> </ul> <p style="text-align: right;">17</p>	<ul style="list-style-type: none"> <li>plain whole wheat bagel/cream cheese/fruit</li> <li>breakfast cinnamon crumble/fruit</li> </ul> <p style="text-align: right;">18</p>
<ul style="list-style-type: none"> <li>yogurt/educational snacks/fruit</li> <li>cheerios/zac attack apple (1.35 oz) /fruit (df)</li> </ul> <p style="text-align: right;">21</p>	<ul style="list-style-type: none"> <li>hot southwest chicken chorizo and cheese brekwich (english muffin)/fruit</li> <li>corn chex/mini dipperdoodle bar/fruit (df)</li> <li>skeeter honey grahams/cinnamon rumbles/fruit (df)</li> </ul> <p style="text-align: right;">22</p>	<ul style="list-style-type: none"> <li>hot pancakes w/ syrup/fruit</li> <li>apple muffin/fruit</li> <li>blueberry burst whole grain bagel/cream cheese/fruit</li> </ul> <p style="text-align: right;">23</p>	<ul style="list-style-type: none"> <li>hot cinnamon toast bagel/fruit</li> <li>dipper doodle bar (2.3 oz)/fruit (df)</li> <li>breakfast cinnamon crumble/fruit</li> </ul> <p style="text-align: right;">24</p>	<ul style="list-style-type: none"> <li>french toast muffin/fruit</li> <li>yogurt/skeeter honey grahams/fruit</li> </ul> <p style="text-align: right;">25</p>
<ul style="list-style-type: none"> <li>corn chex/zac attack strawberry (1.35 oz)/fruit (df)</li> <li>jumpstart breakfast: mini dipperdoodle (1.3 oz)/string cheese/ fruit</li> </ul> <p style="text-align: right;">28</p>	<ul style="list-style-type: none"> <li>hot turkey, egg and cheese brekwich (english muffin)/fruit</li> <li>breakfast cinnamon crumble/fruit</li> <li>zee zees berry apple crisp bar/fruit (df)</li> </ul> <p style="text-align: right;">29</p>	<ul style="list-style-type: none"> <li><b>*NEW*</b> hot mini cheese omelet with french toast stick/fruit</li> <li>yogurt/granola/ fruit</li> <li>plain whole wheat bagel/cream cheese/fruit</li> </ul> <p style="text-align: right;">30</p>	<ul style="list-style-type: none"> <li><b>*NEW*</b> hot breakfast panada pie with eggs, cheese, and green chilies/fruit</li> <li>banana muffin/fruit</li> <li>multigrain cheerios/zac attack strawberry (1.35 oz)/fruit (df)</li> </ul> <p style="text-align: right;">31</p>	

### What's New?

Look out for the **NEW** Breakfast Empanada Pie on August 15<sup>th</sup> and 31<sup>st</sup>!

**NEW** French Toast Stick with Mini Cheese Omelet. Look out for it August 16<sup>th</sup> and 30<sup>th</sup>!

Kid-favorite cereal available in August!

- o Cinnamon Chex
- o Corn Chex
- o (Classic) Cheerios
- o Multigrain Cheerios

**Breakfast:** choice of 1% or fat-free milk; fresh fruit available daily except when fruit juice is offered twice per week.

**Dairy-free (DF) and vegetarian (V)** options available daily – if not listed on the menu, available upon request

*This institution is an equal opportunity provider.*