

September

K-12 BREAKFAST

| Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| | | | | <ul style="list-style-type: none"> cold bagel sandwich with turkey and cream cheese rf snow flurries cereal (df) <p style="text-align: right;">1</p> |
| <p>no school for students</p> <p style="text-align: right;">4</p> | <ul style="list-style-type: none"> yogurt/educational snacks rf honey buttons cereal (df) <p style="text-align: right;">5</p> | <ul style="list-style-type: none"> hot pancakes w/ syrup zee zees berry apple crisp bar (df) apple muffin <p style="text-align: right;">6</p> | <ul style="list-style-type: none"> hot southwest chicken chorizo and cheese bagel sandwich plain whole wheat bagel/cream cheese rf snow flurries cereal (df) <p style="text-align: right;">7</p> | <ul style="list-style-type: none"> blueberry muffin yogurt/educational snacks <p style="text-align: right;">8</p> |
| <ul style="list-style-type: none"> dipper doodle bar (2.3 oz) (df) rf cocoa critters cereal (df) <p style="text-align: right;">11</p> | <ul style="list-style-type: none"> hot pancakes w/ syrup breakfast cinnamon crumble plain whole wheat bagel/cream cheese <p style="text-align: right;">12</p> | <ul style="list-style-type: none"> hot rise & shine breakfast burrito (egg & cheese) zac omega bar blackberry (2.5 oz) (df) yogurt/skeeter cinn grahams <p style="text-align: right;">13</p> | <ul style="list-style-type: none"> hot turkey, cheddar cheese, and omelet gordita banana muffin blueberry burst whole grain bagel/cream cheese <p style="text-align: right;">14</p> | <ul style="list-style-type: none"> rf honey buttons cereal (df) zee zees berry apple crisp bar (df) <p style="text-align: right;">15</p> |
| <ul style="list-style-type: none"> zac omega bar strawberry (2.5 oz) (df) yogurt/educational snacks <p style="text-align: right;">18</p> | <ul style="list-style-type: none"> hot french toast sticks rf snow flurries cereal (df) plain whole wheat bagel/cream cheese <p style="text-align: right;">19</p> | <ul style="list-style-type: none"> hot omelet w/ cheese cold cheesy bagel sandwich jumpstart breakfast: mini dipperdoodle (1.3 oz)/hard boiled egg/ fruit (df) <p style="text-align: right;">20</p> | <ul style="list-style-type: none"> hot classic chicken sausage and cheddar brekwich (english muffin) zee zees berry apple crisp bar (df) rf cocoa critters cereal (df) <p style="text-align: right;">21</p> | <ul style="list-style-type: none"> lemon muffin blueberry burst whole grain bagel/cream cheese <p style="text-align: right;">22</p> |
| <ul style="list-style-type: none"> dipper doodle bar (2.3 oz) (df) rf honey buttons cereal (df) <p style="text-align: right;">25</p> | <ul style="list-style-type: none"> hot french toast sticks breakfast cinnamon crumble yogurt/skeeter honey grahams <p style="text-align: right;">26</p> | <ul style="list-style-type: none"> hot breakfast panada pie with eggs, cheese, and green chilies plain whole wheat bagel/cream cheese zac omega bar blackberry (2.5 oz) (df) <p style="text-align: right;">27</p> | <ul style="list-style-type: none"> hot turkey, cheddar cheese, and omelet gordita banana muffin rf snow flurries cereal (df) <p style="text-align: right;">28</p> | <ul style="list-style-type: none"> french toast muffin blueberry burst whole grain bagel/cream cheese <p style="text-align: right;">29</p> |

Lunch: choice of 1% or fat-free milk; fresh fruit available daily.

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

o Vegetable of the day

