

A variety of fruits, bagels, yogurt & granola or breakfast bar, assorted cereal, and milk offered daily. Kathie McAfee, R.D.

September 2010

Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
30 Sausage Biscuit Gravy or Dry Cereal Juice/Milk Express-Sausage Biscuit Aug 30-Sept 3	31 French Toast Sticks/Syrup Sausage Links or Dry Cereal Juice Milk Express-Ham Biscuit	1 Breakfast Pizza or Dry Cereal Juice Milk Express-Breakfast Pizza	2 Breakfast Quiche Grits Bu Toast or Muffins Dry Cereal Juice Milk Express- Sausage Biscuit	3 Chicken Biscuit or Dry Cereal Juice Milk Express-Chicken Biscuit
Labor Day Holiday	7 Steak Biscuit Oatmeal or Muffins or Dry Cereal Juice Milk Express-Steak Biscuit Sept 7-10	8 Breakfast Pizza or Dry Cereal Juice or Fruit Milk Express-Breakfast Pizza	9 Pancakes/Syrup Sausage Links or Muffins or Dry Cereal Juice Milk Express-Sausage Biscuit	10 Chicken Biscuit or Dry Cereal Juice Milk Express-Chicken Biscuit
13 Sausage Biscuit Gravy or Dry Cereal Juice Milk Express Sausage Biscuit Sept 13-17	14 Ham & Cheese Croissant or Muffins or Dry Cereal Juice Milk Express Ham & Cheese Croissant	15 Breakfast Pizza or Dry Cereal Juice or Fruit Milk Express-Breakfast Pizza	16 Sausage Biscuit Oatmeal or Muffins or Dry Cereal Juice Milk Express Sausage Biscuit	17 Chicken Biscuit or Dry Cereal Juice Milk Express-Chicken Biscuit
20 Sausage Biscuit Gravy Dry Cereal Juice/Milk Express-Sausage Biscuit Sept 20-24	21 Pancakes & Sausage on a Stick/Syrup or Muffins or Dry Cereal Juice Milk Express-Steak Biscuit	22 Breakfast Pizza or Dry Cereal Juice Milk Express-Breakfast Pizza	23 Ham Biscuit Oatmeal or Muffins or Dry Cereal Juice Milk Express-Ham Biscuit	24 Chicken Biscuit or Dry Cereal Juice Milk Express-Chicken Biscuit
27 Sausage Biscuit Oatmeal Dry Cereal Juice/Milk Express-Sausage Biscuit Sept 27-Oct 1	28 Cheese Toast Hashbrowns or Muffins or Dry Cereal Juice Milk Express-Steak Biscuit	29 Breakfast Pizza or Dry Cereal Juice Milk Express-Breakfast Pizza	30 Scrambled Eggs Bacon Grits Bu Toast or Muffins or Dry Cereal Juice Milk Express- Muffins	1 Chicken Biscuit or Dry Cereal Juice Milk Express-Chicken Biscuit

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