



BREAKFAST

COLD K-12 Rev: 7/29/22

SEPTEMBER 2022

-Choice of Skim White/1% White/FF Chocolate milk
-Menu subject to change due to product availability.
-Assorted cereal can be provided upon request.

Monday

Tuesday

Wednesday

Thursday

Friday



NO SCHOOL

5

Keep updated - read the Local Wellness Policy located in the main office.

***Cinnamon Toast Crunch**

6

Cereal w/ String Cheese (9-12)

Craisins

100% Fruit Juice

***Blueberry Muffin**

7

Banana

100% Fruit Juice

***Cherry Apple Crunch Bar**

1

Applesauce

100% Fruit Juice

***Confetti Pancakes**

2

Orange

100% Fruit Juice

***Cinnamon Crisps**

12

Gala Apple

100% Fruit Juice

***Cocoa Puff Cereal**

13

w/ String Cheese (9-12)

Craisins

100% Fruit Juice

***Carrot Bun**

14

Banana

100% Fruit Juice

***Mini Muffin w/ String**

15

Cheese

Applesauce

100% Fruit Juice

***Blueberry Nutri-Grain**

16

Bar w/ Cheese Stick

Apple Chips

100% Fruit Juice

***Apple Jacks Cereal**

19

w/ String Cheese

Gala Apple

100% Fruit Juice

***Apple Cinnamon Cheerios**

20

Craisins

100% Fruit Juice

***Yogurt & Crackers**

21

Banana

100% Fruit Juice

***Glazed Donut Bites**

22

Applesauce

100% Fruit Juice

***Triple Berry French Toast**

23

Orange

100% Fruit Juice

***Banana Muffin**

26

Gala Apple

100% Fruit Juice

***Trix Cereal**

27

Craisins

100% Fruit Juice

***Banana Chocolate Chip**

28

Oatmeal Round

Banana

100% Fruit Juice

***Cinnamon Toast Filled**

29

Cereal Bar

Applesauce

100% Fruit Juice

***Apple Frudel**

30

Apple Chips

100% Fruit Juice

K-12 Students Offered 1c Fruit Daily

This institution is an equal opportunity provider.