

September Food Focus – Peaches



Fast Fact: Eat peaches for energy!

Besides being a good source of vitamins A and C, this super sweet fruit fuels your body with potassium, fiber, and some energy releasing B vitamins.

Fuel Up To Play!

Breakfast Serving Time: 8:15 am - 8:45 am

Price: \$1.20 paid, \$0.30 reduced*, free* (*if qualified)

No Advance Registration Necessary! All Students are Welcome Every Day!

Elementary Breakfast Menu				
Breakfast Comes With Fruit or 100% Fruit Juice & Skim or 1% Milk.				
Mondays:	Tuesdays:	Wednesdays:	Thursdays:	Fridays:
Trix Cereal Bar OR Assorted Cereals Graham Crackers Hard Boiled Egg	Mini Blueberry Bread Loaf OR Assorted Cereals Graham Crackers Hard Boiled Egg	Bagel Half with Cream Cheese OR Assorted Cereals Graham Crackers Hard Boiled Egg	Cinnamon Toast Crisps OR Assorted Cereals Graham Crackers Hard Boiled Egg	Ultimate Breakfast Round OR Assorted Cereals Graham Crackers Hard Boiled Egg
Nutrition Break Bags				
All Nutrition Break Bags are available at your child's current meal benefit level if they did not eat school breakfast today!				
Mondays:	Tuesdays:	Wednesdays:	Thursdays:	Fridays:
Cinnamon Toast Crisps String Cheese Fruit or Fruit Juice	Ultimate Breakfast Round Graham Crackers Fruit or Fruit Juice	Frosted Chocolate Mini Wheat's Cereal Bowl Graham Crackers Fruit or Fruit Juice	Trix Cereal Bar Graham Crackers Fruit or Fruit Juice	Blueberry Muffin Graham Crackers Fruit or Fruit Juice