



# BREAKFAST

# SEPTEMBER 2018 PRE-K – 8<sup>TH</sup>

## Child & Nutrition Program

## B.I.C Menu

### Monday



3

### Tuesday

Cinnamon Waffles  
1/2 cup 100% Fruit Juice  
1/2 cup Fresh Fruit  
Milk

4

### Wednesday

Blueberry Loaf  
1/2 cup 100% Fruit Juice  
1/2 cup Fresh Fruit  
Milk

5

### Thursday

Cream Cheese  
Filled Bagel Roll  
1/2 cup 100% Fruit Juice  
1/2 cup Fruit Cup  
Milk

6

### Friday

Assorted Cold Cereal  
1/2 cup 100% Fruit Juice  
1/2 cup Fresh Fruit  
Milk

7

Maple Pancakes  
With Syrup

1/2 cup 100% Fruit Juice  
1/2 cup Fresh Fruit  
Milk

10

Yogurt 4 oz. with  
Apple Granola Breakfast Square

1/2 cup 100% Fruit Juice  
1/2 cup Fresh Fruit  
Milk

11

Cheese  
Egg Omelet Wrap

1/2 cup 100% Fruit Juice  
1/2 cup Fresh Fruit  
Milk

12

French Toast Sticks  
With Syrup

1/2 cup 100% Fruit Juice  
1/2 cup Fruit Cup  
Milk

13

Assorted Cold Cereal  
1/2 cup 100% Fruit Juice  
1/2 cup Fresh Fruit  
Milk

14

Cream Cheese  
Filled Bagel Roll

1/2 cup 100% Fruit Juice  
1/2 cup Fresh Fruit  
Milk

17

Cinnamon Waffles

1/2 cup 100% Fruit Juice  
1/2 cup Fresh Fruit  
Milk

18

Biscuit and Sausage

1/2 cup 100% Fruit Juice  
1/2 cup Fresh Fruit  
Milk

19

Graham Crackers with  
Cheese Stick

1/2 cup 100% Fruit Juice  
1/2 cup Fruit Cup  
Milk

20

Assorted Cold Cereal  
1/2 cup 100% Fruit Juice  
1/2 cup Fresh Fruit  
Milk

21

Honey Biscuit

1/2 cup 100% Fruit Juice  
1/2 cup Fresh Fruit  
Milk

24

Maple Pancake  
With Syrup

1/2 cup 100% Fruit Juice  
1/2 cup Fresh Fruit  
Milk

25

Blueberry Turkey  
Pancake Breakfast Stick

1/2 cup 100% Fruit Juice  
1/2 cup Fresh Fruit  
Milk

26

Cream Cheese  
Filled Bagel Roll

1/2 cup 100% Fruit Juice  
1/2 cup Fruit Cup  
Milk

27

Assorted Cold Cereal  
1/2 cup 100% Fruit Juice  
1/2 cup Fresh Fruit  
Milk

28

Two-½ cup fruit options will be offered daily.

Milk is served with every meal.

Choose 1% White Milk or Fat Free White Milk.

Student must take a fruit and/or juice.

ALL GRAIN PRODUCTS ARE WHOLE GRAIN AND MEET THE GRAIN OUNCE EQUIVALENCY

ALL FOOD ITEMS MEET USDA CACFP AND CNP: NSLP/SBP REQUIREMENTS.

Fresh Fruit= Whole Fruit

Fruit Cup= 4 oz. cup Frozen Fruit

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