

SEPTEMBER

Breakfast



LINCOLN PARK UPPER BRC - Breakfast K-12

Monday	Tuesday	Wednesday	Thursday	Friday
September 2, 2019	September 3, 2019	September 4, 2019	September 5, 2019	September 6, 2019
LABOR DAY	FRUITY CHEERIOS ^ Animal Grahams ^ Craisins Apple-Cranberry Juice Choice of Milk	Vanilla Waffle Square ^ Fresh Apple Choice of Milk FROSTED CORN FLAKES ^	RICE CHEX ^ Strawberry Pancake Square ^ Fresh Banana Orange Juice Choice of Milk	PEACH MINI LOAF ^ Mozzarella Cheese Stick Fresh Apple Choice of Milk
September 9, 2019	September 10, 2019	September 11, 2019	September 12, 2019	September 13, 2019
Craisins Blended Fruit Juice Choice of Milk GOLDEN GRAHAM CEREAL ^ French Toast Breakfast Square ^	COCOA PUFFS ^ Graham Crackers ^ Orange Juice Diced Peaches Choice of Milk	MOZZARELLA CHEESE STICK Chocolate Chip Mini Loaf ^ Fresh Apple Choice of Milk	VANILLA YOGURT Granola ^ Fresh Banana Applesauce Cup Choice of Milk	APPLE CINNAMON CHEERIOS ^ Maple Breakfast Square ^ Fresh Apple Choice of Milk
September 16, 2019	September 17, 2019	September 18, 2019	September 19, 2019	September 20, 2019
NO SCHOOL	Choice of Milk TRIX ^ Strawberry Pancake Square ^ Craisins Grape Juice	BLUEBERRY MUFFIN ^ Mozzarella Cheese Stick Fresh Apple Choice of Milk	PUMPKIN MINI LOAF ^ Fresh Banana Orange Juice Choice of Milk	CORN CHEX ^ Vanilla Waffle Square ^ Fresh Apple Choice of Milk
September 23, 2019	September 24, 2019	September 25, 2019	September 26, 2019	September 27, 2019
COCOA PUFFS ^ Graham Crackers ^ Craisins Orange Juice Choice of Milk	STRAWBERRY YOGURT Granola ^ Diced Pears Apple-Cranberry Juice Choice of Milk	Choice of Milk CINNAMON CHEX ^ Maple Breakfast Square ^ Fresh Apple	ENGLISH MUFFIN ^ Assorted Jelly Fresh Banana Diced Peaches Choice of Milk	MOZZARELLA CHEESE STICK Peach Mini Loaf ^ Fresh Apple Choice of Milk
September 30, 2019	October 1, 2019	October 2, 2019	October 3, 2019	October 4, 2019
APPLE CINNAMON CHEERIOS ^ Vanilla Waffle Square Craisins Grape Juice Choice of Milk				

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK. ** MENU SUBJECT TO CHANGE **

^ Denotes item is whole-grain/whole wheat

*** This institution is an equal opportunity provider.

www.preferredmeals.com

