

SEPTEMBER | 2022



NSLP Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>29 Cinnamon Toast Crunch ½ Cup WG Cereal ½ Cup Banana 4 oz. Juice / Alt. Fruit 8 oz. Milk *Daily selection of fresh fruit, yogurt and granola</p>	<p>30 2 oz. WG Pancakes ½ Cup Orange 4 oz. Juice / Alt. Fruit 8 oz. Milk *Daily selection of fresh fruit, yogurt and granola</p>	<p>31 1 oz. WG Breakfast Taco 1 oz. M/MA ½ Cup Applesauce 4 oz. Juice / Alt. Fruit 8 oz. Milk *Daily selection of fresh fruit, yogurt and granola</p>	<p>1 HM Veggie Frittata 2 oz M/MA ½ Cup Pineapple 4 oz. Juice / Alt. Fruit 8 oz. Milk *Daily selection of fresh fruit, yogurt and granola</p>	<p>2 2 oz. HM WG Cinnamon Breakfast Round ½ Cup Apricots 4 oz. Juice / Alt. Fruit 8 oz. Milk *Daily selection of fresh fruit, yogurt and granola</p>
<p>5 Cheerios ½ Cup WG Cereal 4 oz. Juice / Alt. Fruit ½ Cup Banana 8 oz. Milk *Daily selection of fresh fruit, yogurt and granola</p>	<p>6 2 oz. WG French Toast ½ Cup Orange 4 oz. Juice / Alt. Fruit 8 oz. Milk *Daily selection of fresh fruit, yogurt and granola</p>	<p>7 1.5 oz. WG Breakfast Pizza 1 oz. M/MA ½ Cup Applesauce 4 oz. Juice / Alt. Fruit 8 oz. Milk *Daily selection of fresh fruit, yogurt and granola</p>	<p>8 2 oz. WG Waffles ½ Cup Pineapple 4 oz. Juice / Alt. Fruit 8 oz. Milk *Daily selection of fresh fruit, yogurt and granola</p>	<p>9 2 oz. HM WG Blueberry Breakfast Round ½ Cup Apricots 4 oz. Juice / Alt. Fruit 8 oz. Milk *Daily selection of fresh fruit, yogurt and granola</p>
<p>12 Cinnamon Toast Crunch ½ Cup WG Cereal ½ Cup Banana 4 oz. Juice / Alt. Fruit 8 oz. Milk *Daily selection of fresh fruit, yogurt and granola</p>	<p>13 2 oz. WG Pancakes ½ Cup Orange 4 oz. Juice / Alt. Fruit 8 oz. Milk *Daily selection of fresh fruit, yogurt and granola</p>	<p>14 1 oz. WG Breakfast Taco 1 oz. M/MA ½ Cup Applesauce 4 oz. Juice / Alt. Fruit 8 oz. Milk *Daily selection of fresh fruit, yogurt and granola</p>	<p>15 HM Veggie Frittata 2 oz M/MA ½ Cup Pineapple 4 oz. Juice / Alt. Fruit 8 oz. Milk *Daily selection of fresh fruit, yogurt and granola</p>	<p>16 2 oz. HM WG Cinnamon Breakfast Round ½ Cup Apricots 4 oz. Juice / Alt. Fruit 8 oz. Milk *Daily selection of fresh fruit, yogurt and granola</p>
<p>19 Cheerios ½ Cup WG Cereal ½ Cup Banana 4 oz. Juice / Alt. Fruit 8 oz. Milk *Daily selection of fresh fruit, yogurt and granola</p>	<p>20 2 oz. WG French Toast ½ Cup Orange 4 oz. Juice / Alt. Fruit 8 oz. Milk *Daily selection of fresh fruit, yogurt and granola</p>	<p>21 1.5 oz. WG Breakfast Pizza 1 oz. M/MA ½ Cup Applesauce 4 oz. Juice / Alt. Fruit 8 oz. Milk *Daily selection of fresh fruit, yogurt and granola</p>	<p>22 2 oz. WG Waffles ½ Cup Pineapple 4 oz. Juice / Alt. Fruit 8 oz. Milk *Daily selection of fresh fruit, yogurt and granola</p>	<p>23 2 oz. HM WG Blueberry Breakfast Round ½ Cup Apricots 4 oz. Juice / Alt. Fruit 8 oz. Milk *Daily selection of fresh fruit, yogurt and granola</p>
<p>26 Cinnamon Toast Crunch ½ Cup WG Cereal ½ Cup Banana 4 oz. Juice / Alt. Fruit 8 oz. Milk *Daily selection of fresh fruit, yogurt and granola</p>	<p>27 2 oz. WG Pancakes ½ Cup Orange 4 oz. Juice / Alt. Fruit 8 oz. Milk *Daily selection of fresh fruit, yogurt and granola</p>	<p>28 1 oz. WG Breakfast Taco 1 oz. M/MA ½ Cup Applesauce 4 oz. Juice / Alt. Fruit 8 oz. Milk *Daily selection of fresh fruit, yogurt and granola</p>	<p>29 HM Veggie Frittata 2 oz M/MA ½ Cup Pineapple 4 oz. Juice / Alt. Fruit 8 oz. Milk *Daily selection of fresh fruit, yogurt and granola</p>	<p>30 2 oz. HM WG Cinnamon Breakfast Round ½ Cup Apricots 4 oz. Juice / Alt. Fruit 8 oz. Milk *Daily selection of fresh fruit, yogurt and granola</p>

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1% white milk offered. Nutrient content and ingredients are available upon request. No Pork or nut products offered.