

AUGUST/SEPTEMBER 2019 HOT BREAKFAST K-8

Allergen & Carbohydrate Information


Monday

Tuesday

Wednesday

Thursday

Friday

	August 27	28	29	30
	Mini Whole Grain Maple Waffles 37 WSME, with Syrup 25 Sugar Free Syrup 5 Fruit Choice 15 Milk Choice 13, 26, 22 M (plain, strawberry, chocolate)	Turkey Sausage, Egg & Cheese Breakfast Sliders 20 WSME Fruit Choice 15 Milk Choice 13, 26, 22 M (plain, strawberry, chocolate)	Mini Whole Grain Maple Pancakes, 38 WME with Syrup 25 Sugar Free Syrup 5 Fruit Choice 15 Milk Choice 13, 26, 22 M (plain, strawberry, chocolate)	Warm Whole Grain Grits 38 SM Fruit Choice 15 Milk Choice 13, 26, 22 M (plain, strawberry, chocolate)
September 2 NO SCHOOL LABOR DAY 	3 Tac-go Egg, Cheese, and Turkey Sausage on a Whole Grain Tortilla 14 WSME Fruit Choice 15 Milk Choice 13, 26, 22 M (plain, strawberry, chocolate)	4 Mini Whole Grain Maple Pancakes, 38 WME with Syrup 25 Sugar Free Syrup 5 Fruit Choice 15 Milk Choice 13, 26, 22 M (plain, strawberry, chocolate)	5 Egg and Cheese Sandwich on a Whole Grain English Muffin 26 WSME Fruit Choice 15 Milk Choice 13, 26, 22 M (plain, strawberry, chocolate)	6 Warm Whole Grain Oatmeal 38 M Fruit Choice 15 Milk Choice 13, 26, 22 M (plain, strawberry, chocolate)
9 Mini Whole Grain Maple Waffles 37 WSME, with Syrup 25 Sugar Free Syrup 5 Fruit Choice 15 Milk Choice 13, 26, 22 M (plain, strawberry, chocolate)	10 Turkey Bacon, Egg and Cheese Whole Grain "Breakfast Pizza" 25 WSME Fruit Choice 15 Milk Choice 13, 26, 22 M (plain, strawberry, chocolate)	11 EARLY RELEASE Please see "Build Your Own Breakfast" Menu	12 Mini Whole Grain Maple Pancakes, 38 WME with Syrup 25 Sugar Free Syrup 5 Fruit Choice 15 Milk Choice 13, 26, 22 M (plain, strawberry, chocolate)	13 Warm Whole Grain Grits 38 SM Fruit Choice 15 Milk Choice 13, 26, 22 M (plain, strawberry, chocolate)



<p style="text-align: right;">16</p> <p>Whole Grain Glazed Cinnamon French Toast 28 WSE with Syrup 25 Sugar Free Syrup 5</p> <p>Fruit Choice 15 Milk Choice 13, 26, 22 M (plain, strawberry, chocolate)</p>	<p style="text-align: right;">17</p> <p>Tac-go Egg, Cheese, and Turkey Sausage on a Whole Grain Tortilla 14 WSME</p> <p>Fruit Choice 15 Milk Choice 13, 26, 22 M (plain, strawberry, chocolate)</p>	<p style="text-align: right;">18</p> <p>Egg and Cheese Sandwich on a Whole Grain English Muffin 26 WSME</p> <p>Fruit Choice 15 Milk Choice 13, 26, 22 M (plain, strawberry, chocolate)</p>	<p style="text-align: right;">19</p> <p>Mini Whole Grain Maple Pancakes, 38 WME with Syrup 25 Sugar Free Syrup 5</p> <p>Fruit Choice 15 Milk Choice 13, 26, 22 M (plain, strawberry, chocolate)</p>	<p style="text-align: right;">20</p> <p>Warm Whole Grain Oatmeal 38 M Fruit Choice 15 Milk Choice 13, 26, 22 M (plain, strawberry, chocolate)</p>
<p style="text-align: right;">23</p> <p>Turkey Bacon, Egg and Cheese Whole Grain "Breakfast Pizza" 25 WSME</p> <p>Fruit Choice 15 Milk Choice 13, 26, 22 M (plain, strawberry, chocolate)</p>	<p style="text-align: right;">24</p> <p>Mini Whole Grain Maple Waffles 37 WSME, with Syrup 25 Sugar Free Syrup 5</p> <p>Fruit Choice 15 Milk Choice 13, 26, 22 M (plain, strawberry, chocolate)</p>	<p style="text-align: right;">25</p> <p>Turkey Sausage, Egg & Cheese Breakfast Sliders 20 WSME</p> <p>Fruit Choice 15 Milk Choice 13, 26, 22 M (plain, strawberry, chocolate)</p>	<p style="text-align: right;">26</p> <p>Mini Whole Grain Maple Pancakes, 38 WME with Syrup 25 Sugar Free Syrup 5</p> <p>Fruit Choice 15 Milk Choice 13, 26, 22 M (plain, strawberry, chocolate)</p>	<p style="text-align: right;">27</p> <p>Warm Whole Grain Grits 38 SM Fruit Choice 15 Milk Choice 13, 26, 22 M (plain, strawberry, chocolate)</p>
<p style="text-align: right;">30</p> <p>Whole Grain Glazed Cinnamon French Toast 28 WSE with Syrup 25 Sugar Free Syrup 5</p> <p>Fruit Choice 15 Milk Choice 13, 26, 22 M (plain, strawberry, chocolate)</p>	<p>Key: W=Wheat/Gluten, S=Soy, M=Milk/Dairy, E=Egg</p> <p>Grams of Carbohydrate are indicated by the number following the menu item</p>			

We serve reduced sugar and whole grains every day!

All juices are 100% fruit juice with no added sugar!

Every breakfast comes with you choice of milk and fruit!

Breakfast is offered EVERY morning!

Eating a nutritious breakfast helps everyone fuel up for success in the classroom and beyond!

