



1 Whole Grain Pancakes (2G)
With Syrup
Turkey Sausage Patty
½.c Peaches
4 oz. 100% Fruit Juice
8oz. Fat Free or Low Fat Milk

2 Whole Grain Bagel (2G) with Cream Cheese
Fresh Fruit
4 oz. 100% Fruit Juice
8 oz. Fat Free or Low Fat Milk

5 No School in Observance of Labor Day

6 Egg and Cheese Breakfast Sandwich
½.c Diced Pears
4 oz. 100% Fruit Juice
8 oz. Fat Free or Low Fat Milk

7 Maple Pancake Stick
½.c Applesauce
4 oz. 100% Fruit Juice
8 oz. Fat Free or Low Fat Milk

8 Whole Grain Waffles with Syrup
Turkey Sausage Patty
½.c Peaches
4 oz. 100% Fruit Juice
8 oz. Fat Free or Low Fat Milk

9 Whole Grain Muffin (2G)
Cheese Stick
Fresh Fruit
4 oz. 100% Fruit Juice
8 oz. Fat Free or Low Fat Milk

12 Whole Grain French Toast Sticks (2G) with Syrup
Turkey Bacon
Fresh Fruit
4 oz. 100% Fruit Juice
8 oz. Fat Free or Low Fat Milk

13 Whole Grain EGGO with syrup
½.c Diced Pears
4 oz. 100% Fruit Juice
8 oz. Fat Free or Low Milk

14 8 oz. Oatmeal with Raisins
½.c Applesauce
4 oz. 100% Fruit Juice
8 oz. Fat Free or Low Fat Milk

15 Whole Grain Pancakes (2G) With Syrup
Turkey Sausage Patty
½.c Peaches
4 oz. 100% Fruit Juice
8oz. Fat Free or Low Fat Milk

16 Whole Grain Bagel (2G) with Cream Cheese
Fresh Fruit
4 oz. 100% Fruit Juice
8 oz. Fat Free or Low Fat Milk

19 Whole Grain French Toast Sticks (2G) with Syrup
Turkey Sausage
Fresh Fruit
4 oz. 100% Fruit Juice
8 oz Fat Free or Low Fat Milk

20 Turkey Bacon, Egg and Cheese Breakfast Sandwich
½.c Diced Pears
4 oz. 100% Fruit Juice
8 oz. Fat Free or Low Fat Milk

21 Maple Pancake Stick
½.c Applesauce
4 oz. 100% Fruit Juice
8 oz. Fat Free or Low Fat Milk

22 Whole Grain Waffles with Syrup
Turkey Sausage Patty
½.c Peaches
4 oz. 100% Fruit Juice
8 oz. Fat Free or Low Fat Milk

23 Whole Grain Muffin (2G)
Cheese Stick
Fresh Fruit
4 oz. 100% Fruit Juice
8 oz. Fat Free or Low Fat Milk

26 No School in observance of Rosh Hashana

27 No School PD Day

28 8 oz. Oatmeal with Raisins
½.c Applesauce
4 oz. 100% Fruit Juice
8 oz. Fat Free or Low Fat Milk

29 Whole Grain Pancakes (2G) With Syrup
Turkey Sausage Patty
½.c Peaches
4 oz. 100% Fruit Juice
8oz. Fat Free or Low Fat Milk

30 Whole Grain Bagel (2G) with Cream Cheese
Fresh Fruit
4 oz. 100% Fruit Juice
8 oz. Fat Free or Low Fat Milk

Alternate Daily Menu: Whole Grain Asst Cold Cereal (1G) with Animal/Graham Crackers, Cheese stick or Hardboiled Egg
HS/MS alternate options: Whole Grain Muffins or Bagels

If you have any questions, please contact Lisa Finkenbinder, Director of Food Service at 518-475-6644 x 3