



## Breakfast Menu September 2022

Delaware | Eagle Point | Montessori | New Scotland | Pine Hills Schuyler | Sheridan | TCCE | TOAST



Breakfast Cereal Bar 4oz. Yogurt ½.c Peaches 4 oz. 100% Fruit Juice 8oz. Fat Free or Low Fat Milk 2 Whole Grain
Chocolate Chip
Muffin
WG Animal Crackers
Fresh Fruit
4 oz. 100% Fruit
Juice
8 oz. Fat Free or
Low Fat Milk

5

## No School in Observance of Labor Day

Whole Grain Bagel
with Cream Cheese
½.c Diced Pears
4 oz. 100% Fruit Juice
8 oz. Fat Free or Low Fat
Milk

Warmed Mini Pancake Pouch ½.c Applesauce 4 oz. 100% Fruit Juice 8 oz. Fat Free or Cream Cheese Filled
Bagel
½.c Peaches
4 oz. 100% Fruit
Juice
8 oz. Fat Free or Low
Fat Milk

9 Whole Grain Apple
Cinnamon Muffin
WG Animal
Crackers
Fresh Fruit
4 oz. 100% Fruit
Juice
8 oz. Fat Free or
Low Fat Milk

Breakfast Cereal
Bar
4oz. Yogurt
Fresh Fruit
4 oz. 100% Fruit
Juice
8 oz. Fat Free or

Whole Grain Bagel with Cream Cheese %.c Diced Pears 4 oz. 100% Fruit Juice 8 oz. Fat Free or Low Milk

Warmed Mini Waffle
Pouch
½.c Applesauce
4 oz. 100% Fruit
Juice

8 oz. Fat Free or Low

Fat Milk

Low Fat Milk

Cereal
4oz. Yogurt
½.c Peaches
4 oz. 100% Fruit Juice
8oz. Fat Free or Low
Fat Milk

Whole Grain
Blueberry Muffin
WG Animal Crackers
Fresh Fruit
4 oz. 100% Fruit Juice
8 oz. Fat Free or Low
Fat Milk

Cereal
4oz. Yogurt
Fresh Fruit
4 oz. 100% Fruit Juice
8 oz Fat Free or Low Fat
Milk

Low Fat Milk

Whole Grain Bagel with Cream Cheese ½.c Diced Pears 4 oz. 100% Fruit Juice 8 oz. Fat Free or Low 21

Warmed Mini
Pancake Pouch
½.c Applesauce
4 oz. 100% Fruit
Juice
8 oz. Fat Free or Low
Fat Milk

Breakfast Cereal
Bar
4oz. Yogurt
½.c Peaches
4 oz. 100% Fruit
Juice
8 oz. Fat Free or
Low Fat Milk

Whole Grain Banana
Muffin
WG Animal Crackers
Fresh Fruit
4 oz. 100% Fruit Juice
8 oz. Fat Free or Low
Fat Milk

26

## No School in observance of Rosh Hashana

27

20

## No School PD Day

Fat Milk

28

Warmed Mini Waffle
Pouch
%.c Applesauce
4 oz. 100% Fruit Juice
8 oz. Fat Free or Low Fat
Milk

29

Cream Cheese Filled
Bagel
½.c Peaches
4 oz. 100% Fruit
Juice
8oz. Fat Free or Low
Fat Milk

30 Whole Grain Corn
Muffin
WG Animal Crackers
Fresh Fruit
4 oz. 100% Fruit Juice
8 oz. Fat Free or Low
Fat Milk

Alternate Daily Menu: Whole Grain Assorted Cold Cereal (1G) & Animal/ Graham Crackers, 4 oz. Yogurt or Cheese Stick

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



