

2

No School
Labor Day

3

Hard Cooked Egg
Cheese Stick or
Cracker
Cereal Assortment
Fresh Fruit
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

4

Benefit Bar

Cereal Assortment
Cracker
Fresh Fruit
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

5

Strawberry Puff
Pastry
Yogurt
Cracker
Fresh Fruit
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

6

Assorted Cereal

Cheese Stick
Fresh Fruit
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

9

Assorted Cereal
Graham Crackers

Fresh Fruit
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

10

Strawberry Puff Pastry
Assorted Cereal

Fresh Fruit
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

11

Fresh Baked
Cinnamon Roll
Cheese Stick
Fresh Fruit or
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

12

Assorted Muffins
Yogurt

Fresh Fruit
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

13

Assorted Cereal
Scooby Crackers

Fresh Fruit
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

16

Assorted cereal

Cheese Stick

Fresh Fruit or 100%
Juice, Choice of 1%
unflavored Milk or
Unflavored Skim Milk

17

Assorted Muffins

Assorted Cereal
Cheese Stick or Cracker
Fresh Fruit
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

18

Benefit Bar

Fresh Fruit
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

19

Hard Cooked Egg
Cheese Stick or
Cracker
Assorted Cereal
Fresh Fruit
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

20

Assorted Cereal

Cheese Stick or Cracker
Fresh Fruit
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

23

Assorted Cereal
Cheese Stick or Cracker

Fresh Fruit
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

24

Mini Bagels with
Cream Cheese

Fresh Fruit
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

25

Assorted Cereal

Cheese Stick or Cracker
Fresh Fruit
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

26

Benefit Bar

Assorted Cereal
Yogurt
Fresh Fruit
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

27

Assorted Cereal

Cheese Stick or Cracker
Fresh Fruit
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

30

Assorted Muffins

Cereal Assortment
Cheese Stick
Fresh Fruit
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

CHALLENGE YOURSELF:
KEEP ACTIVE
+ WALK MORE
+ ALL DAY
= A STRONG & FIT YOU

**Start your day off right with a
Healthy, Balanced breakfast!**