



September 2021 Breakfast Menu – All Levels

| Monday | Tuesday | Wednesday | Thursday | Friday |
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|  | <p><u>Mayfield Milk Choices:</u></p> <p>White Skim (13) White 1% (13) Fat Free Chocolate(20) (No High Fructose Corn Syrup)</p> |  | <p>WG = Whole Grain Equivalent</p> <p>Select up to 2 offerings of fruit, fruit juice and/or vegetable choice of the day</p> | <p>Approximate grams of Carbohydrates per servings is shown in parenthesis</p> <p>WG Cereal (14-27) WG Post Cereal (14-27) Preschool WG Belly Bears (21)</p> |
| September 6 th | September 7 th | September 8 th | September 9 th | September 10 th |
| <p><i>Student Holiday</i></p> | <p><u>Choose one</u></p> <p>WG Sausage Biscuit(23) or WG Cereal, 2 oz. (MS/HS) WG Cereal w/Belly Bears</p> <p>Milk, Fruit, Juice Choice</p> | <p><u>Choose one</u></p> <p>Buttery Maple Snack N' Waffle(37) or WG Cereal, 2 oz. (MS/HS) WG Cereal w/Belly Bears</p> <p>Milk, Fruit, Juice Choice</p> | <p><u>Choose one</u></p> <p>Breakfast Pizza(27) or WG Cereal, 2 oz. (MS/HS) WG Cereal w/Belly Bears</p> <p>Milk, Fruit, Juice Choice</p> | <p><u>Choose one</u></p> <p>WG Chicken Biscuit(29) or WG Cereal, 2 oz. (MS/HS) WG Cereal w/Belly Bears</p> <p>Milk, Fruit, Juice Choice</p> |
| September 13 th | September 14 th | September 15 th | September 16 th | September 17 th |
| <p><u>Choose one</u></p> <p>WG Breakfast Bun(48) WG Chicken Biscuit(29) - Preschool or WG Cereal, 2 oz. (MS/HS) WG Cereal w/Belly Bears</p> <p>Milk, Fruit, Juice Choice</p> | <p><u>Choose one</u></p> <p>WG Sausage Biscuit(23) or WG Cereal, 2 oz. (MS/HS) WG Cereal w/Belly Bears</p> <p>Milk, Fruit, Juice Choice</p> | <p><u>Choose one</u></p> <p>WG Mini Breakfast Clusters(38) - Ele/Middle/High WG French Toast Sticks(37) - Preschool or WG Cereal, 2 oz. (MS/HS) WG Cereal w/Belly Bears</p> <p>Milk, Fruit, Juice Choice</p> | <p><u>Choose one</u></p> <p>WG Biscuit & Gravy(28) or WG Cereal, 2 oz. (MS/HS) WG Cereal w/Belly Bears</p> <p>Milk, Fruit, Juice Choice</p> <p>Milk, Fruit, Juice Choice</p> | <p><u>Choose one</u></p> <p>WG Apple Cinnamon French Toast(45) – Ele/Middle/High WG Chicken Biscuit(29) - Preschool or WG Cereal, 2 oz. (MS/HS) WG Cereal w/Belly Bears</p> |

| September 20 th | September 21 st | September 22 nd | September 23 rd | September 24 th |
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| <p><u>Choose one</u> WG Mini Breakfast Clusters(38) - Ele/Middle/High WG Chicken Biscuit(29) - Preschool or WG Cereal, 2 oz. (MS/HS) WG Cereal w/Belly Bears</p> <p>Milk, Fruit, Juice Choice</p> | <p><u>Choose one</u> WG Sausage Biscuit(23) or WG Cereal, 2 oz. (MS/HS) WG Cereal w/Belly Bears</p> <p>Milk, Fruit, Juice Choice</p> | <p><u>Choose one</u> Manager's Choice – Ele/Middle/High WG French Toast Sticks(37) - Preschool or WG Cereal, 2 oz. (MS/HS) WG Cereal w/Belly Bears</p> <p>Milk, Fruit, Juice Choice</p> | <p><u>Choose one</u> Breakfast Pizza(27) or WG Cereal, 2 oz. (MS/HS) WG Cereal w/Belly Bears</p> <p>Milk, Fruit, Juice Choice</p> | <p><u>Choose one</u> WG Chicken Biscuit(29) or WG Cereal, 2 oz. (MS/HS) WG Cereal w/Belly Bears</p> <p>Milk, Fruit, Juice Choice</p> |
| September 27 th | September 28 th | September 29 th | September 30 th | |
| <p><u>Choose one</u> WG Breakfast Bun(48) WG Chicken Biscuit(29) - Preschool or WG Cereal, 2 oz. (MS/HS) WG Cereal w/Belly Bears</p> <p>Milk, Fruit, Juice Choice</p> | <p><u>Choose one</u> WG Sausage Biscuit(23) or WG Cereal, 2 oz. (MS/HS) WG Cereal w/Belly Bears</p> <p>Milk, Fruit, Juice Choice</p> | <p><u>Choose one</u> Buttery Maple Snack N' Waffle(37) or WG Cereal, 2 oz. (MS/HS) WG Cereal w/Belly Bears</p> <p>Milk, Fruit, Juice Choice</p> | <p><u>Choose one</u> WG Biscuit & Gravy(28) or WG Cereal, 2 oz. (MS/HS) WG Cereal w/Belly Bears</p> <p>Milk, Fruit, Juice Choice</p> | |