



# Arlene's September 2023 K-8 Breakfast Menu

<i>Each student is entitled to one free breakfast and one free lunch per school day.</i>				1 Berry Oatmeal Bar Applesauce Juice Choc/White Milk
4 Labor Day	5 Cereal Bar Applesauce Juice Choc/White Milk	6 Cinnamon Bun Applesauce Juice Choc/White Milk	7 Bagel & CC Craisins Juice Choc/White Milk	8 Choc Muffin Top Applesauce Juice Choc/White Milk
11 Berry Oatmeal Bar Applesauce Juice Choc/White Milk	12 String Cheese & Grahams Tree Top Apple Chips Juice Choc/White Milk	13 Cinnamon Bun Applesauce Juice Choc/White Milk	14 Lemon Slice Applesauce Juice Choc/White Milk	15 Straw Pull Apart Bagel Applesauce Juice Choc/White Milk
18 Blueberry Muffins Applesauce Juice Choc/White Milk	19 Super Breakfast Ring Craisins Juice Choc/White Milk	20 Cinnamon Bun Applesauce Juice Choc/White Milk	21 Chocolate Slice Applesauce Juice Choc/White Milk	22 Cinnamon Puff Pastry Applesauce Juice Choc/White Milk
25 Cereal Bar Applesauce Juice Choc/White Milk	26 Corn Muffin Apple Chips Juice Choc/White Milk	27 Cinnamon Bun Applesauce Juice Choc/White Milk	28 Berry Muffin Top Applesauce Juice Choc/White Milk	29 Berry Oatmeal Bar (2wg) 30 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13 <i>Cal 495 Sod 255 Sugar 66</i>

NO PORK or PEANUTS SERVED AT ANY TIME MENU SUBJECT TO CHANGE

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