



Arlene's September 2024 K-8 Breakfast Menu

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|--|---|--|--|--|
| 2 Labor Day | 3 Choc Muffin Top (1wg) 27 Craisins (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 19/13 | 4 Cinnamon Bun (2wg) 34 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 19/13 | 5 Bagel & Jelly (2wg) 39 Craisins (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 19/13 | 6 Super Breakfast Ring (1g) 29 Craisins (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 19/13 |
| 9 Banana/Choc Oatmeal Round (2wg) 39 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 19/13 | 10 Mini Cinnis (2wg) 40 Craisins (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 19/13 | 11 Cinnamon Bun (2wg) 34 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 19/13 | 12 Apple Strudel Pastry (2wg) 38 Craisins (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 19/13 | 13 Cinnamon Toast Crunch Pastry (2wg) 40 Craisins (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 19/13 |
| 16 Cereal Bar (1wg) 30 Craisins (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 19/13 | 17 Super Breakfast Ring (1g) 27 Craisins (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 19/13 | 18 Cinnamon Bun (2wg) 34 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 19/13 | 19 Bagel & Jelly (2wg) 39 Craisins (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 19/13 | 20 Strawberry Pull Apart Bagel (2wg) 42 Apple (1/2c) 25 Juice (1/2c) 14 Choc/White Milk (1c) 19/13 |
| 23 Apple Cinnamon Oatmeal Round (2wg) 39 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 19/13 | 24 Corn Muffin (2wg) 36 Craisins (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 19/13 | 25 Cinnamon Bun (2wg) 34 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 19/13 | 26 Choc Chip Muffin (2wg) 45 Apple Chips (1/2c) 10 Juice (1/2c) 14 Choc/White Milk (1c) 19/13 | 27 Mini Cinnis (2wg) 40 Craisins (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 19/13 |
| 30 Berry Oatmeal Bar (2wg) 46 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 19/13 | | | | <i>Carbs listed for each item in blue font</i> |

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

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