

# PREFERRED MEALS

## September BREAKFAST

### HOPE ACADEMY NORTHCOAST Breakfast K-12

| Monday   | Tuesday   | Wednesday   | Thursday  | Friday  |
|--|---|---|---|---|
| August 28, 2017  | August 29, 2017   | August 30, 2017   | August 31, 2017   | September 1, 2017   |
|  |   |   |   | APPLE JACKS<br>REDUCED SUGAR<br>Graham Crackers<br>Fresh Fruit<br>Diced Pears<br>Choice of Milk |
| September 4, 2017  | September 5, 2017   | September 6, 2017   | September 7, 2017   | September 8, 2017   |
| LABOR DAY  | FROOT LOOPS<br>REDUCED SUGAR<br>Vanilla Waffle Square<br>Craisins<br>Grape Juice<br>Choice of Milk            | MOZZARELLA STRING<br>CHEESE<br>Strawberry Pancake Square<br>Fresh Fruit<br>Choice of Milk | RICE KRISPIES<br>Blueberry Muffin<br>Fresh Fruit<br>Orange Juice<br>Choice of Milk                          | FROSTED FLAKES<br>(LOW SUGAR)<br>Animal Grahams<br>Fresh Fruit<br>Choice of Milk                |
| September 11, 2017   | September 12, 2017  | September 13, 2017  | September 14, 2017  | September 15, 2017  |
| CINNAMON TOAST CRUNCH<br>Graham Crackers<br>Craisins<br>Diced Pears<br>Choice of Milk                  | GOLDEN GRAHAM CEREAL<br>Strawberry Pancake Square<br>Pineapple Tidbits<br>Grape Juice<br>Choice of Milk       | VANILLA YOGURT<br>Banana Muffin<br>Fresh Fruit<br>Choice of Milk                          | MOZZARELLA STRING<br>CHEESE<br>Cherry Breakfast Bar<br>Fresh Fruit<br>Blended Fruit Juice<br>Choice of Milk | MINI WHEATS<br>LITTLE BITES<br>French Toast Breakfast Bar<br>Fresh Fruit<br>Choice of Milk      |
| September 18, 2017   | September 19, 2017  | September 20, 2017  | September 21, 2017  | September 22, 2017  |
| NO SCHOOL  | RICE KRISPIES<br>Strawberry Pancake Square<br>Craisins<br>Pineapple Tidbits<br>Choice of Milk                 | MOZZARELLA STRING<br>CHEESE<br>Peach Mini Loaf<br>Fresh Fruit<br>Choice of Milk           | COCOA PUFFS<br>French Toast Breakfast Bar<br>Fresh Fruit<br>Diced Pears<br>Choice of Milk                   | APPLE JACKS<br>REDUCED SUGAR<br>Vanilla Waffle Square<br>Fresh Fruit<br>Choice of Milk          |
| September 25, 2017   | September 26, 2017  | September 27, 2017  | September 28, 2017  | September 29, 2017  |
| *Make Your Own Parfait*<br>STRAWBERRY YOGURT<br>Granola<br>Craisins<br>Diced Peaches<br>Choice of Milk | MINI WHEATS<br>LITTLE BITES<br>Animal Grahams<br>Cinnamon Applesauce<br>Blended Fruit Juice<br>Choice of Milk | GOLDEN GRAHAM CEREAL<br>Cherry Breakfast Bar<br>Fresh Fruit<br>Choice of Milk             | MOZZARELLA STRING<br>CHEESE<br>Blueberry Muffin<br>Fresh Fruit<br>Mixed Fruit Cup<br>Choice of Milk         | COCOA PUFFS<br>Graham Crackers<br>Fresh Fruit<br>Assorted Jelly<br>Choice of Milk               |

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK. \*\* MENU SUBJECT TO CHANGE \*\*

^ Denotes item is whole-grain/whole wheat

\*\*\* This institution is an equal opportunity provider.

