



BREAKFAST

SEPTEMBER 2021

Child Nutrition Pre K – 8th

Hot BIC

Monday

Tuesday

Wednesday

Thursday

Friday



Warm Pancakes w/Maple Syrup **1**
1/2 cup 100% Fruit Juice
1/2 cup Assorted Fruit
Choice of Milk

Yogurt 4 oz. with Granola **2**
1/2 cup 100% Fruit Juice
1/2 cup Assorted Fruit
Choice of Milk

Assorted Low Sugar Cereal w/Cheese Stick **3**
1/2 cup 100% Fruit Juice
1/2 cup Assorted Fruit
Choice of Milk

Pillsbury Bagel-ful **7**
1/2 cup 100% Fruit Juice
1/2 cup Assorted Fruit
Choice of Milk

Egg & Melted Cheese Sandwich **8**
1/2 cup 100% Fruit Juice
1/2 cup Assorted Fruit
Choice of Milk

French Toast Sticks w/Maple Syrup **9**
1/2 cup 100% Fruit Juice
1/2 cup Assorted Fruit
Choice of Milk

Assorted Low Sugar Cereal w/Cheese Stick **10**
1/2 cup 100% Fruit Juice
1/2 cup Assorted Fruit
Choice of Milk

Yogurt 4 oz. with Granola **13**
1/2 cup 100% Fruit Juice
1/2 cup Assorted Fruit
Choice of Milk

Egg & Melted Cheese Sandwich **14**
1/2 cup 100% Fruit Juice
1/2 cup Assorted Fruit
Choice of Milk

French Toast Sticks w/Maple Syrup **15**
1/2 cup 100% Fruit Juice
1/2 cup Assorted Fruit
Choice of Milk

Assorted Muffin Loaf **16**
1/2 cup 100% Fruit Juice
1/2 cup Assorted Fruit
Choice of Milk

Assorted Low Sugar Cereal w/Cheese Stick **17**
1/2 cup 100% Fruit Juice
1/2 cup Assorted Fruit
Choice of Milk

Assorted Muffin Loaf **20**
1/2 cup 100% Fruit Juice
1/2 cup Assorted Fruit
Choice of Milk

Warm Pancakes w/Maple Syrup **21**
1/2 cup 100% Fruit Juice
1/2 cup Assorted Fruit
Choice of Milk

Egg & Melted Cheese Sandwich **22**
1/2 cup 100% Fruit Juice
1/2 cup Assorted Fruit
Choice of Milk

Yogurt 4 oz. with Granola **23**
1/2 cup 100% Fruit Juice
1/2 cup Assorted Fruit
Choice of Milk

Assorted Low Sugar Cereal w/Cheese Stick **24**
1/2 cup 100% Fruit Juice
1/2 cup Assorted Fruit
Choice of Milk

French Toast Sticks w/Maple Syrup **27**
1/2 cup 100% Fruit Juice
1/2 cup Assorted Fruit
Choice of Milk

Assorted Muffin Loaf **28**
1/2 cup 100% Fruit Juice
1/2 cup Assorted Fruit
Choice of Milk

Warm Pancakes w/Maple Syrup **29**
1/2 cup 100% Fruit Juice
1/2 cup Assorted Fruit
Choice of Milk

Yogurt 4 oz. with Granola **30**
1/2 cup 100% Fruit Juice
1/2 cup Assorted Fruit
Choice of Milk



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(2) fax: (202) 690-7442; or

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Assorted Fruit

Fresh Fruit-1 Piece
ex (apple, banana, orange)

Frozen Fruit Cup ½ cup

Prepared Fruit Cup ½ cup
Ex. (pear, pear, peaches, applesauce)