

September 2020

North Cedar Elementary Menu

BREAKFAST



This institution is an equal opportunity provider.



Nutrition Tip: September is Whole Grains Month! Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



Monday

Breakfast Pizza 31
Cereal, Yogurt
100% Juice, Fruit
Milk of Choice

Tuesday

Breakfast Bites, Syrup 1
Muffin, Yogurt
100% Juice, Fruit
Milk of Choice

Wednesday

French Toast Sticks 2
Sausage Patty, Syrup
Cereal, Yogurt, 100% Juice
Fruit, Milk of Choice

Thursday

Toast, Omelet, Bacon 3
Muffin, Yogurt
100% Juice, Fruit
Milk of Choice

Friday

Long John 4
Cereal
Yogurt, 100% Juice
Fruit, Milk of Choice

7

No School

Toast, Omelet, Sausage 8
Muffin, Yogurt
100% Juice, Fruit
Milk of Choice

Biscuits & Gravy 9
Cereal, Yogurt
100% Juice, Fruit
Milk of Choice

Waffles, Sausage 10
Links, Syrup, Muffin,
Yogurt, 100% Juice
Fruit, Milk of Choice

Donut 11
Cereal, Yogurt
100% Juice
Fruit, Milk of Choice

Pancakes, Syrup 14
Cereal, Yogurt
100% Juice, Fruit
Milk of Choice

Toast, Omelet, Sausage 15
Muffin, Yogurt
100% Juice, Fruit
Milk of Choice

Breakfast Pizza 16
Cereal, Yogurt
100% Juice, Fruit
Milk of Choice

French Toast Sticks 17
Syrup, Muffin, Yogurt
100% Juice, Fruit
Milk of Choice

Long John 18
Syrup, Cereal, Yogurt
100% Juice, Fruit
Milk of Choice

Breakfast Sandwich 21
Cereal, Yogurt
100% Juice, Fruit
Milk of Choice

Breakfast Bites 22
Muffin, Yogurt
100% Juice, Fruit
Milk of Choice

French Toast Sticks, Syrup 23
Sausage Patty, Cereal, Yogurt
100% Juice, Fruit
Milk of Choice

Toast, Omelet, Bacon 24
Muffin, Yogurt
100% Juice, Fruit
Milk of Choice

Donut 25
Cereal, Yogurt
100% Juice, Fruit
Milk of Choice

Breakfast Pizza 28
Cereal, Yogurt
100% Juice, Fruit
Milk of Choice

Toast, Omelet, Sausage 29
Muffin, Yogurt
100% Juice, Fruit
Milk of Choice

Biscuits & Gravy, Cereal 30
Cereal, Yogurt
100% Juice, Fruit
Milk of Choice

