

September 2020

North Cedar Jr/Sr High 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
Donut
Cereal, Muffin, Mini Donuts
Yogurt, 100% Juice, Fruit
Milk of Choice

Tuesday

Breakfast Bites, Syrup **1**
Long John
Cereal, Muffin, Mini Donuts
Yogurt, 100% Juice, Fruit
Milk of Choice

Wednesday

Breakfast Burrito **2**
Cinnamon Roll
Cereal, Muffin, Mini Donuts
Yogurt, 100% Juice
Fruit, Milk of Choice

Thursday

Toast, Omelet, Bacon **3**
Cereal, Muffin, Mini Donuts
Yogurt
100% Juice, Fruit
Milk of Choice

Friday

Biscuits & Gravy **4**
Long John
Cereal, Muffin, Mini Donuts
Yogurt, 100% Juice
Fruit, Milk of Choice

7

No School

French Toast Sticks **8**
Sausage Links, Syrup, Cereal,
Muffin, Mini Donut Yogurt
100% Juice, Fruit
Milk of Choice

Breakfast Sandwich **9**
Donut
Cereal, Muffin, Mini Donuts
Yogurt, 100% Juice, Fruit
Milk of Choice

Toast, Omelet, Sausage **10**
Cereal, Muffin, Mini
Donuts Yogurt, 100% Juice
Fruit, Milk of Choice

Breakfast Pizza **11**
Cinnamon Roll
Cereal, Muffin, Mini Donuts
Yogurt, 100% Juice
Fruit, Milk of Choice

Breakfast Pizza **14**
Donut
Cereal, Muffin, Mini Donuts
Yogurt, 100% Juice, Fruit
Milk of Choice

Toast, Omelet, Sausage **15**
Cereal, Muffin, Mini Donuts
Yogurt, 100% Juice, Fruit
Milk of Choice

Breakfast Pizza **16**
Long John
Cereal, Muffin, Mini Donuts
Yogurt, 100% Juice, Fruit
Milk of Choice

French Toast Sticks **17**
Sausage Links, Syrup
Cereal, Muffin, Mini Donuts
Yogurt, 100% Juice, Fruit
Milk of Choice

Biscuits & Gravy **18**
Donut
Cereal, Muffin, Mini Donuts
Yogurt, 100% Juice, Fruit
Milk of Choice

Breakfast Sandwich **21**
Donut
Cereal, Muffin, Mini Donuts
Yogurt, 100% Juice, Fruit
Milk of Choice

Breakfast Bites **22**
Donut
Cereal, Muffin, Mini Donuts
Yogurt, 100% Juice, Fruit
Milk of Choice

Breakfast Burrito **23**
Cinnamon Roll
Cereal, Muffin, Donuts
Yogurt, 100% Juice, Fruit
Milk of Choice

Toast, Scrambled Eggs **24**
w/Bacon, Cereal
Muffin, Mini Donuts, Yogurt
100% Juice, Fruit
Milk of Choice

Breakfast Pizza **25**
Long John
Cereal, Muffin, Mini Donuts
Yogurt, 100% Juice, Fruit
Milk of Choice

Breakfast Pizza **28**
Donut
Cereal, Muffin, Mini Donuts
Yogurt, 100% Juice, Fruit
Milk of Choice

Toast, Omelet, Sausage **29**
Cereal, Muffin, Mini Donuts
Yogurt, 100% Juice, Fruit
Milk of Choice

Biscuits & Gravy, Cereal **30**
Cereal, Muffin, Mini Donuts,
Yogurt, 100% Juice, Fruit
Milk of Choice

