

September 2019

North Cedar Elementary Menu

BREAKFAST



This institution is an equal opportunity provider.



Each student must take 3 items at breakfast. Students must have at least 1 fruit or juice on their plate at breakfast.



Monday

No School

2

Tuesday

Donut Holes
Muffin, Cereal
Pop Tart, Snack Bread
Yogurt or Boiled Egg
Choices of Fruits, 100% Juice
Milk of Choice

3

Wednesday

Breakfast Sandwich
Muffin, Cereal
Pop Tart, Snack Bread
Yogurt or Boiled Egg
Choices of Fruits, 100% Juice
Milk of Choice

4

Thursday

French Toast Sticks, Bacon
Hash Brown Patty, Syrup, K
Muffin, Cereal, Pop Tart, Snack
Bread, Yogurt or Boiled Egg
Choices of Fruits, 100% Juice
Milk of Choice

5

Friday

Donut
Muffin, Cereal
Pop Tart, Snack Bread
Yogurt or Boiled Egg
Choices of Fruits, 100% Juice
Milk of Choice

6

Waffles, Sausage Patty
Syrup, Muffin, Cereal
Pop Tart, Snack Bread
Yogurt or Boiled Egg
Choices of Fruits, 100% Juice
Milk of Choice

9

Toast, Omelet, Sausage
Patty, Muffin, Cereal
Pop Tart, Snack Bread
Yogurt or Boiled Egg
Choices of Fruits, 100% Juice
Milk of Choice

10

Breakfast Bites, Tots, K
Syrup, Muffin, Cereal
Pop Tart, Snack Bread
Yogurt or Boiled Egg
Choices of Fruits, 100% Juice
Milk of Choice

11

Breakfast Pizza
Muffin, Cereal
Pop Tart, Snack Bread
Yogurt or Boiled Egg
Choices of Fruits, 100% Juice
Milk of Choice

12

Donut
Muffin, Cereal
Pop Tart, Snack Bread
Yogurt or Boiled Egg
Choices of Fruits, 100% Juice
Milk of Choice

13

No School

16

Mini Donuts
Muffin, Cereal
Pop Tart, Snack Bread
Yogurt or Boiled Egg
Choices of Fruits, 100% Juice
Milk of Choice

17

Biscuit & Sausage Gravy
Muffin, Cereal
Pop Tart, Snack Bread
Yogurt or Boiled Egg
Choices of Fruits, 100% Juice
Milk of Choice

18

French Toast Sticks
Sausage, Syrup, Muffin,
Cereal, Snack Bread, Pop Tart
Yogurt or Boiled Egg
Choices of Fruits, 100% Juice
Milk of Choice

19

Long John
Muffin, Cereal
Pop Tart, Snack Bread
Yogurt or Boiled Egg
Choices of Fruits, 100% Juice
Milk of Choice

20

Breakfast Sandwich
Muffin, Cereal
Pop Tart, Snack Bread
Yogurt or Boiled Egg
Choices of Fruits, 100% Juice
Milk of Choice

23

Pancakes, Sausage Links
Syrup, Muffin, Cereal
Pop Tart, Snack Bread
Yogurt or Boiled Egg
Choices of Fruits, 100% Juice
Milk of Choice

24

Breakfast Pizza
Muffin, Cereal
Pop Tart, Snack Bread
Yogurt or Boiled Egg
Choices of Fruits, 100% Juice
Milk of Choice

25

Toast, Omelet, Bacon
Muffin, Cereal
Pop Tart, Snack Bread
Yogurt or Boiled Egg
Choices of Fruits, 100% Juice
Milk of Choice

26

Donut
Muffin, Cereal
Pop Tart, Snack Bread
Yogurt or Boiled Egg
Choices of Fruits, 100% Juice
Milk of Choice

27

Breakfast Pizza
Muffin, Cereal
Pop Tart, Snack Bread
Yogurt or Boiled Egg
Choices of Fruits, 100% Juice
Milk of Choice

30

