






September 2018 Sunrise Starters Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
	September 3 	September 4 Bagel with Cream Cheese Mixed Fruit	September 5 Canadian Bacon & Egg Croissant Pineapple	September 6 Turkey Ham & Cheese on a Hawaiian Roll* Applesauce	September 7 Cheese Omelet with Toast* Pears
	September 10 Cheese Omelet with Turkey Sausage & Toast* Peaches	September 11 Mini French Toast* with Syrup Mixed Fruit	September 12 Yogurt Parfait (strawberry or peach) & Honey Oat Goldfish Cracker* Pineapple	September 13 Turkey Bacon & Scrambled Eggs Breakfast Boat Applesauce	September 14 Blueberry Waffle* with Syrup Pears
	September 17 Mini Chocolate Donuts* Peaches	September 18 Turkey Sausage & Cheese Breakfast Sandwich* Mixed Fruit	September 19 Mini Maple Pancakes* Pineapple	September 20 Parfait with Oatmeal Bar* (apple or strawberry) Applesauce	September 21 Cheese Omelet with Toast* Pears
	September 24 Mini Cinnamon Rolls* Peaches	September 25 Breakfast Boat* with Turkey Bacon & Scrambled Eggs Mixed Fruit	September 26 French Toast Sticks* with Syrup Pineapple	September 27 Cheese Omelet with Turkey Sausage & Toast* Applesauce	September 28 Yogurt Parfait with Strawberries & Honey Oat Goldfish Cracker* Pears

Additional Items Served Every Day:

- Assorted cereals*
- Blueberry and banana muffins*
- Bread*, Jelly, Margarine
- Fresh fruit
- Yogurt cups
- 100% apple juice and orange juice
- Skim and 1% white milk plus fat-free chocolate milk with no artificial growth hormones or antibiotics

*=Whole-grain item / ^=Item contains pork
 Menu subject to change based on availability and quality of food items



Breakfast Buzz

Start the new school year off right by joining us for breakfast every day.

Did you know that eating school breakfast can help you get good grades and higher test scores?

