



Arlene's September 2024 K-8 Breakfast Menu

<p>2 Labor Day</p>	<p>3 Choc Muffin Top (1wg) 27 Craisins (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 19/13</p>	<p>4 Cinnamon Bun (2wg) 34 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 19/13</p>	<p>5 Bagel & Jelly (2wg) 39 Craisins (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 19/13</p>	<p>6 Super Breakfast Ring (1g) 29 Craisins (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 19/13</p>
<p>9 Banana/Choc Oatmeal Round (2wg) 39 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 19/13</p>	<p>10 Mini Cinnis (2wg) 40 Craisins (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 19/13</p>	<p>11 Cinnamon Bun (2wg) 34 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 19/13</p>	<p>12 Apple Strudel Pastry (2wg) 38 Craisins (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 19/13</p>	<p>13 Cinnamon Toast Crunch Pastry (2wg) 40 Craisins (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 19/13</p>
<p>16 Cereal Bar (1wg) 30 Craisins (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 19/13</p>	<p>17 Super Breakfast Ring (1g) 27 Craisins (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 19/13</p>	<p>18 Cinnamon Bun (2wg) 34 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 19/13</p>	<p>19 Bagel & Jelly (2wg) 39 Craisins (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 19/13</p>	<p>20 Strawberry Pull Apart Bagel (2wg) 42 Apple (1/2c) 25 Juice (1/2c) 14 Choc/White Milk (1c) 19/13</p>
<p>23 Apple Cinnamon Oatmeal Round (2wg) 39 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 19/13</p>	<p>24 Corn Muffin (2wg) 36 Craisins (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 19/13</p>	<p>25 Cinnamon Bun (2wg) 34 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 19/13</p>	<p>26 Choc Chip Muffin (2wg) 45 Apple Chips (1/2c) 10 Juice (1/2c) 14 Choc/White Milk (1c) 19/13</p>	<p>27 Mini Cinnis (2wg) 40 Craisins (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 19/13</p>
<p>30 Berry Oatmeal Bar (2wg) 46 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 19/13</p>				<p><i>Carbs listed for each item in blue font</i></p>

NO PORK or PEANUTS SERVED AT ANY TIME MENU SUBJECT TO CHANGE

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