

MAYA ANGELOU BREAKFAST

AUGUST-SEPTEMBER 2019

Monday	Tuesday	Wednesday	Thursday	Friday
26 BREAKFAST BOWL PEARS ROLLS MILK, 1% Lowfat MILK, Skim	27 TURKEY SAUSAGE & CHEESE SAND 100% ORANGE JUICE HONEYDEW MILK, 1% Lowfat MILK, Skim	28 FRENCH TOAST TURKEY SAUSAGE BANANAS SYRUP, PANCAKE YOGURT MILK, 1% Lowfat MILK, Skim	29 FRUIT & YOGURT SMOOTHIE GRANOLA CUPS WATERMELON, CHUNKS MILK, 1% Lowfat MILK, Skim	30 GRITS PEARS TURKEY SAUSAGE MILK, 1% Lowfat MILK, Skim
2 NO SCHOOL TODAY	3 EGG SANDWICH FRUIT & YOGURT SMOOTHIE CHEESE STICK CEREAL, VARIETY ROLLS APPLES BUTTER JELLY MILK, 1% Lowfat MILK, Skim	4 SCRAMBLED EGGS ENGLISH MUFFIN 100% ORANGE JUICE HARD BOILED EGG CHEESE CUBES HONEYDEW JELLY BUTTER MILK, 1% Lowfat MILK, Skim	5 WAFFLES TURKEY SAUSAGE SCRAMBLED EGGS BANANAS SYRUP, PANCAKE MILK, 1% Lowfat MILK, Skim	6 GRITS CHEESE CUBES HARD BOILED EGG BISCUITS (2OZ) PEARS JELLY MILK, 1% Lowfat MILK, Skim
9 COFFEE CAKE MUFFINS GRITS APPLES MILK, 1% Lowfat MILK, Skim	10 TOASTED CHEESE SANDWICH 100% ORANGE JUICE HONEYDEW MILK, 1% Lowfat MILK, Skim	11 BAGELS BANANAS CREAM CHEESE JELLY MILK, 1% Lowfat MILK, Skim	12 SCRAMBLED EGGS HOME FRIES (AM) ROLLS APPLESAUCE MILK, 1% Lowfat MILK, Skim	13 OATMEAL w/DRIED RAISINS BISCUITS (2OZ) PEARS JELLY MILK, 1% Lowfat MILK, Skim
16 STRAWBERRY MUFFINS APPLES NECTARINES MILK, 1% Lowfat MILK, Skim	17 TURKEY SAUSAGE BISCUITS (2OZ) 100% ORANGE JUICE HONEYDEW MILK, 1% Lowfat MILK, Skim	18 CEREAL, VARIETY YOGURT BANANAS STRAWBERRIES (1/2) MILK, 1% Lowfat MILK, Skim	19 SCRAMBLED EGGS ROLLS APPLESAUCE WATERMELON, CHUNKS MILK, 1% Lowfat MILK, Skim	20 EGG & CHEESE FRITTATA PEARS ROLLS MILK, 1% Lowfat MILK, Skim
23 CARROT & RAISIN MUFFINS CHEESE STICK APPLES MILK, 1% Lowfat MILK, Skim	24 TURKEY "B.L.T." SANDWICH 100% ORANGE JUICE HONEYDEW MILK, 1% Lowfat MILK, Skim	25 TURKEY SAUSAGE LINKS PANCAKES BANANAS SYRUP, PANCAKE MILK, 1% Lowfat MILK, Skim	26 SAUSAGE & CHEESE ON ENG. MUFF HOME FRIES (AM) APPLESAUCE MILK, 1% Lowfat MILK, Skim	27 PARFAIT W/YOGURT, FRUIT & GRAN PEARS MILK, 1% Lowfat MILK, Skim
30 "Brain Muffins" CHEESE CUBES APPLES MILK, 1% Lowfat MILK, Skim				

Menu Subject to Change. Milk Variety (1% and Skim) Served Daily. 8.25.19