

## September 2019 Breakfast Menu: Horizons

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Labor Day No School	3 Oatmeal Bars Fresh fruit Fruit juice Milk	4 Chocolate chip muffins Iced cinnamon bar Fresh fruit Fruit juice Milk	5 Apple jacks Apple granola bar Fresh fruit Fruit juice Milk	6 Pancakes Fresh fruit Fruit juice Milk
9 Cocoa puffs Apple granola bar Fresh fruit Fruit juice Milk	10 Raspberry yogurt Cheerios Fresh fruit Fruit juice milk	11 Banana loaf Rice krispies Fresh fruit Fruit juice Milk	12 Lucky Charms Apple granola bar Fresh fruit Fruit juice Milk	13 French toast Fresh fruit Fruit juice Milk
16 Trix Iced cinnamon bar Fresh fruit Fruit juice milk	17 Cinnamon toast Crunch Apple granola bar Fresh fruit Fruit juice Milk	18 Chocolate muffins Rice Krispies Fresh fruit Fruit juice Milk	19 Yogurt Banana loaf Fresh fruit Fruit juice Milk	20 Waffles Fresh fruit Fruit juice Milk
23 Apple Cinnamon Cheerios Apple granola bar Fresh fruit Fruit juice Milk	24 Lucky Charms Iced cinnamon bar Fresh fruit Fruit juice Milk	25 Blueberry loaf Cheerios Fresh fruit Fruit juice Milk	26 Cocoa Puffs Apple granola bar Fresh fruit Fruit juice Milk	27 Apple frudel Fresh fruit Fruit juice Milk
30 Trix Apple granola bar Fresh fruit Fruit juice Milk	10/1 Cinnamon Toast Crunch Apple granola bar Fresh fruit Fruit juice/Milk	10/2 Banana loaf Iced cinnamon bar Fresh fruit Fruit juice/Milk	10/3 Lucky Charms Fresh fruit Fruit juice Milk	10/4 Cinnamon rolls Granola bar Fruit juice fresh fruit Milk
Milk choices: Fat free white 1% white				

Menu is subject to change without notice