

September 2018

Monroe #1J Breakfast for grades K-8

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p>	<p>4</p>	<p>5 Cereal or Pancake on a stick, fruit, milk</p>	<p>6 Cereal or whole grain Biscuit & gravy, fruit, milk</p>	<p>7 Cereal and whole grain toast, yogurt, granola, fresh fruit, milk</p>
<p>10 Cereal or Bagel & cream cheese, fruit, milk</p>	<p>11 Cereal or whole grain Cinnamon Roll, hash brown, fruit, milk</p>	<p>12 Cereal or whole grain Toast, scrambled eggs, sausage link, fruit, milk</p>	<p>13 Cereal or whole grain Muffin, yogurt, fruit, "</p>	<p>14 Cereal or whole grain Toast, sausage patty, fruit, milk</p>
<p>17 Cereal or whole grain Churro, yogurt, fruit, "</p>	<p>18 Cereal or Oatmeal, whole grain toast, fruit, milk</p>	<p>19 Cereal or whole grain Biscuit, roasted potato w/sauteed veggies, milk</p>	<p>20 Cereal or whole grain Pancake on a stick, cottage cheese, fruit, milk</p>	<p>21 Cereal or whole grain Breakfast Burrito, fruit, milk</p>
<p>24 Cereal or whole grain Scone, fruit, milk</p>	<p>25 Cereal or whole grain French Toast Sticks, fruit, milk</p>	<p>26 Cereal or whole grain Maple Bar, fruit, milk</p>	<p>27 Cereal or whole grain Pancake, sausage link, fruit, milk</p>	<p>28 Cereal or whole grain English Muffin w/ham & cheese, fruit, milk</p>