



MONDAY

2

Closed
Labor Day

9

Avocado Toast with a Hard-Boiled Egg or a WG Muffin All w/ Apple, Orange & Grapefruit Wedges, Applesauce, Raisins, Sunflower Seeds & Fat-Free or 1% White Milk

16

Empanadas or a Whole Grain Cinnamon Crumb Cake All w/ Apple, Orange & Grapefruit Wedges, Applesauce, Raisins, Sunflower Seeds & Fat-Free or 1% White Milk

23

W.W. Belgian Style Waffle or a W.W. Bagel w/ Cream Cheese All w/ Apple, Orange & Grapefruit Wedges, Applesauce, Raisins, Sunbutter Cup & Fat-Free or 1% White Milk

30

Oatmeal or a Whole Grain Cider Donut All w/ Apple, Orange & Grapefruit Wedges, Applesauce, Hot Cider, Raisins, Sunflower Seeds & Fat-Free or 1% White Milk

TUESDAY

3

Egg & Cheese Sandwich or a Fruit, Yogurt & Granola Parfait All w/ Banana, Orange & Grapefruit Wedges, Diced Pears, Craisins, Sunflower Seeds, & Fat-Free or 1% White Milk

10

Whole Wheat Pancakes or a Yogurt cup with a WG Cereal Bar All w/ Banana, Orange & Grapefruit Wedges, Diced Pears, Craisins, Sunbutter Cup & Fat-Free or 1% White Milk

17

Egg & Cheese Sandwich or a Fruit, Yogurt & Granola Parfait All w/ Banana, Orange & Grapefruit Wedges, Diced Pears, Craisins, Sunflower Seeds, & Fat-Free or 1% White Milk

24

Whole Wheat Pancakes or a Yogurt cup with a WG Cereal Bar All with Banana, Orange & Grapefruit Wedges, Pear Cup, Craisins, Sunflower Seeds & Fat-Free or 1% White Milk

WEDNESDAY

4

W.W. Belgian Style Waffle or a W.W. Bagel with Cream Cheese All w/ Banana, Orange & Grapefruit Wedges, Cherries, Mixed Fruit Cocktail, Sunbutter Cup & Fat-Free or 1% White Milk

11

Oatmeal or a Whole Grain Cinnamon Swirl Bun All w/ Banana, Orange & Grapefruit Wedges, Cherries, Mixed Fruit Cocktail, & Fat-Free or 1% White Milk

18

Avocado Toast with a Hard-Boiled Egg or a WG Muffin All w/ Banana, Orange & Grapefruit Wedges, Cherries, Mixed Fruit Cocktail, Sunflower Seeds & Fat-Free or 1% White Milk

25

Empanadas or a Whole Grain Cinnamon Crumb Cake All w/ Banana, Orange & Grapefruit Wedges, Cherries, Mixed Fruit Cocktail, Sunbutter Cup & Fat-Free or 1% White Milk

THURSDAY

5

Whole Grain French Toast Sticks or a Whole Grain Muffin All w/ Apple, Orange & Grapefruit Wedges, Diced Peaches, Raisins, Sunbutter Cup, & Fat-Free or 1% White Milk

12

Bacon, Egg & Cheese Sandwich or a Fruit, Yogurt & Granola Parfait All w/ Apple, Orange & Grapefruit Wedges, Diced Peaches, Raisins, Sunflower Seeds, & Fat-Free or 1% White Milk

19

Whole Grain French Toast Sticks or a Whole Grain Muffin All w/ Apple, Orange & Grapefruit Wedges, Diced Peaches, Raisins, Sunbutter Cup, & Fat-Free or 1% White Milk

26

Bacon, Egg & Cheese Sandwich or a Fruit, Yogurt & Granola Parfait All w/ Apple, Orange & Grapefruit Wedges, Peach Cup, Raisins, Sunflower Seeds, & Fat-Free or 1% White Milk

FRIDAY

6

Empanadas or a Whole Grain Cinnamon Crumb Cake All w/ Apple, Orange & Grapefruit Wedges, Preserved Apricots, Sunflower Seeds, Craisins & Fat-Free or 1% White Milk

13

W.W. Belgian Style Waffle or a W.W. Bagel with Cream Cheese All w/ Apple, Orange & Grapefruit Wedges, Preserved Apricots, Craisins & Fat-Free or 1% White Milk

20

Oatmeal or a Whole Grain Cinnamon Swirl Bun All w/ Apple, Orange & Grapefruit Wedges, Preserved Apricots, Craisins, Sunflower Seeds, & Fat-Free or 1% White Milk

27

Avocado Toast with a Hard-Boiled Egg or a WG Muffin All w/ Apple, Orange & Grapefruit Wedges, Preserved Apricots, Craisins, Sunflower Seeds, & Fat-Free or 1% White Milk

It's National Hot Cider Day!



One Full Reimbursable Breakfast is Free to Each Student

Manage Your Student's Account Online - Make Prepayments -
View Transaction History - View Account Balance -
Visit www.MySchoolBucks.com

This institution is an equal opportunity provider.



PAY FOR MEALS ONLINE
MySchoolBucks.com

A USDA Reimbursable Breakfast Includes... 1 Skim or 1% White Milk, a selection of Fruit, & a Whole Grain Breakfast Item

Alternative Milk Choices such as Lactaid and Soy Milk are available to any student with a documented dietary need

Assorted 2 oz Whole Grain Cereals, 100% Fruit Juice, & Assorted Condiments are available daily

If you have any questions or would like additional information regarding this menu, please contact your food service director at kbressani@rcmahar.org