


September 2017 Sunrise Starters Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				September 1 Yogurt Parfait with Strawberries & Granola* Pears
September 4 	September 5 Breakfast Burrito* with Salsa Mixed Fruit	September 6 Cinnamon Raisin Bagel* with Cream Cheese Pineapple	September 7 Turkey Ham & Cheese on Hawaiian Roll* Applesauce	September 8 Cheese Omelet with Toast* Pears
September 11 Cheesy Scrambled Eggs with Turkey Sausage & Toast* Peaches	September 12 Mini French Toast* with Syrup Mixed Fruit	September 13 Yogurt Parfait (strawberry or peach) & Granola* Pineapple	September 14 Bacon & Egg Breakfast Square* Applesauce	September 15 Blueberry Waffles* with Syrup Pears
September 18 Mini Chocolate Donuts* Peaches	September 19 Turkey Sausage & Cheese Breakfast Sandwich* Mixed Fruit	September 20 Mini Maple Pancakes* Pineapple	September 21 Smoothie with Oatmeal Bar* Applesauce	September 22 Cheese Omelet with Toast* Pears
September 25 Cinnamon Rolls* Peaches	September 26 Breakfast Boat* with Turkey Bacon, Scrambled Eggs & Cheese Mixed Fruit	September 27 French Toast Sticks* with Syrup Pineapple	September 28 Scrambled Eggs with Turkey Sausage & Toast* Applesauce	September 29 Yogurt Parfait with Strawberries & Granola* Pears

ADDITIONAL ITEMS SERVED EACH DAY:

Blueberry or banana muffins* / Assorted cereals* / Yogurt cups / Fresh fruit / Bread* / 100% apple juice and orange juice / Milk with no artificial growth hormones or antibiotics / Jelly / Margarine

*=Whole-grain item / ^=Item contains pork

Menu subject to change based on availability and quality of food items
This institution is an equal opportunity employer

*School Breakfast Is
Delicious and Nutritious!*

