



# September Elementary Breakfast

**New This Year! All students are offered breakfast at no cost!**

**Breakfast always includes a whole grain entrée, fresh fruit, and milk. Cereal and crackers offered as alternates daily.**

| Monday   | Tuesday   | Wednesday   | Thursday   | Friday  |
|--|---|---|--|---|
| 2  | 3<br>Yogurt<br>Oatmeal Benefit Bar<br>Milk Choices<br>Fresh and Canned Fruit  | 4<br>Turkey Sausage<br>Breakfast Pizza<br>Milk Choices<br>Fresh and Canned Fruit<br>100% Fruit Juice Choices  | 5<br>Mini Maple Pancakes<br>Milk Choices<br>Fresh and Canned Fruit                       | 6<br>Brekkie<br>Milk Choices<br>100% Fruit Juice Choices<br>Fresh and Canned Fruit  |
| 9<br>Banana Bread<br>Milk Choices<br>100% Fruit Juice Choices<br>Fresh and Canned Fruit  | 10<br>Cinnamon Filled Toast<br>Milk Choices<br>Fresh and Canned Fruit         | 11<br>Strudel Frudel<br>Milk Choices<br>100% Fruit Juice Choices<br>Fresh and Canned Fruit                    | 12<br>Pancake and Turkey<br>Sausage on a Stick<br>Milk Choices<br>Fresh and Canned Fruit | 13<br>Brekkie<br>Milk Choices<br>100% Fruit Juice Choices<br>Fresh and Canned Fruit |
| 16<br>Mini Cinnis<br>Milk Choices<br>100% Fruit Juice Choices<br>Fresh and Canned Fruit  | 17<br>Yogurt<br>Oatmeal Benefit Bar<br>Milk Choices<br>Fresh and Canned Fruit | 18<br>Turkey Sausage<br>Breakfast Pizza<br>Milk Choices<br>Fresh and Canned Fruit<br>100% Fruit Juice Choices | 19<br>Mini Maple Pancakes<br>Milk Choices<br>Fresh and Canned Fruit                      | 20<br>Brekkie<br>Milk Choices<br>100% Fruit Juice Choices<br>Fresh and Canned Fruit |
| 23<br>Banana Bread<br>Milk Choices<br>100% Fruit Juice Choices<br>Fresh and Canned Fruit | 24<br>Cinnamon Filled Toast<br>Milk Choices<br>Fresh and Canned Fruit         | 25<br>Strudel Frudel<br>Milk Choices<br>100% Fruit Juice Choices<br>Fresh and Canned Fruit                    | 26<br>Pancake and Turkey<br>Sausage on a Stick<br>Milk Choices<br>Fresh and Canned Fruit | 27<br>Brekkie<br>Milk Choices<br>100% Fruit Juice Choices<br>Fresh and Canned Fruit |
| 30<br>Mini Cinnis<br>Milk Choices<br>100% Fruit Juice Choices<br>Fresh and Canned Fruit  |   |   |  |   |

**Did your student receive free meals last year?** To keep receiving these meals you must reapply each year! **Your student will lose their free meal status October 1st unless you reapply!**

Apply line at <https://lobby.wordwareinc.com/> or pick up an application from your school's office. Call 763-528-4520 with questions.

Menus subject to change. USDA is an equal opportunity employer and provider.