

# SEPTEMBER | 2019



## St Monica Breakfast

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

<b>2</b> <b>**Select up to 4 items</b> <b>**One item must be a fruit</b>	<b>3</b> <b>WAFFLE</b> Cereal Bowl Granola Bar ½ c. Juice (100%) ½ c. Fruit Milk Choice	<b>4</b> <b>PANCAKES</b> Cereal Bowl Chocolate Graham Bear Yogurt ½ c. Juice (100%) ½ c. Fruit Milk Choice	<b>5</b> Cinnamon Roll Cereal Bowl ½ c Juice ½ c. Fruit Milk Choice	<b>6</b> Scooby Doo Grahams Granola Bar Yogurt ½ c. Juice 1/2 c. Fruit Milk Choice
<b>9</b> Monday's Muffins Cereal Bowl ½ c Fruit Juice 1/2c. Fruit Milk	<b>10</b> <b>WAFFLE</b> Cereal Bowl Granola Bar ½ c. Juice ( ) ½ c. Fruit Milk Choice	<b>11</b> <b>PANCAKES</b> Cereal Bowl Chocolate Graham Bear Yogurt ½ c. Juice	<b>12</b> Cinnamon Roll Cereal Bowl ½ c Juice ½ c. Fruit Milk Choice	<b>13</b> Scooby Doo Grahams Granola Bar Yogurt ½ c. Juice ½ c. Fruit Milk Choice
<b>16</b> Monday's Muffins Cereal Bowl ½ c Fruit Juice 1/2c. Fruit Milk	<b>17</b> <b>WAFFLE</b> Cereal Bowl Granola Bar ½ c. Juice ½ c. Fruit Milk Choice	<b>18</b> <b>PANCAKES</b> Cereal Bowl Chocolate Graham Bear Yogurt ½ c. Juice ½ c. Fruit Milk Choice	<b>19</b> Cinnamon Roll Cereal Bowl ½ c Juice ½ c. Fruit Milk Choice	<b>20</b> Scooby Doo Grahams Granola Bar Yogurt ½ c. Juice ½ c. Fruit Milk Choice
<b>23</b> Monday's Muffins Cereal Bowl ½ c Fruit Juice 1/2c. Fruit Milk	<b>24</b> <b>WAFFLE</b> Cereal Bowl Granola Bar ½ c. Juice ½ c. Fruit Milk Choice	<b>25</b> <b>PANCAKES</b> Cereal Bowl Chocolate Graham Bear Yogurt ½ c. Juice ½ c. Fruit Milk Choice	<b>26</b> Cinnamon Roll Cereal Bowl ½ c Juice ½ c. Fruit Milk Choice	<b>27</b> Scooby Doo Grahams Granola Bar Yogurt ½ c. Juice ½ c. Fruit Milk Choice
<b>30</b> Monday's Muffins Cereal Bowl ½ c Fruit Juice 1/2c. Fruit Milk	<b>1</b> <b>WAFFLE</b> Cereal Bowl Granola Bar ½ c. Juice ½ c. Fruit Milk Choice	<b>2</b> <b>PANCAKES</b> Cereal Bowl Chocolate Graham Bear Yogurt ½ c. Juice ½ c. Fruit Milk Choice	<b>3</b> Cinnamon Roll Cereal Bowl ½ c Juice ½ c. Fruit Milk Choice	<b>4</b> Scooby Doo Grahams Granola Bar Yogurt ½ c. Juice ½ c. Fruit Milk Choice

Breakfast is served  
7:10-7:30

Grain Items are  
whole grain rich  
(reduced sugar)

Fruit Items are  
100 % juice  
No sugar added  
juice and fruits

Milk Choice:  
1% unflavored  
Fat Free Chocolate  
(1 cup servings)

Menu is subject to  
change

Volunteer at  
Breakfast or Lunch  
for service hours  
Call Mrs. Metzler  
for information

This institution is  
an equal  
opportunity  
provider