

BREAKFAST MENU September 2025

Monday	Tuesday	Wednesday	Thursday	Friday
1 Creamy Apple-Raisin Oatmeal Egg and Broccoli Scramble Home Fries Canned Sliced Peaches 1% Low Fat Milk Ketchup (1 Tbsp)	2 Cottage Cheese (1/2 cup) Egg Frittata with Potatoes and Peas Grits (1 cup) Apple 1% Low Fat Milk Ketchup (1 Tbsp)	3 Cinnamon Whole Wheat French Toast Hard Boiled Egg Wheatena Orange 1% Low Fat Milk Pancake Syrup	4 Apple Pie Oatmeal Corn Muffin (pre-prepared) Scrambled Eggs Canned Pears * 1% Low Fat Milk Margarine	5 Cheddar and Potato Bake Mini Croissant (pre-prepared) Banana 1% Low Fat Milk Grape Jelly Margarine
8 Scrambled Eggs Tropical Waffles with Mangoes and Whipped Cream Wheat Flake Cereal Apple 1% Low Fat Milk Pancake Syrup	9 Oatmeal (1 cup) Potato Spinach Frittata Orange 1% Low Fat Milk Pancake Syrup	10 Cinnamon Toast Crunch (Reduced Sugar) Home Fries Scrambled Eggs with Red Peppers and Onions Canned Sliced Peaches 1% Low Fat Milk Ketchup (1 Tbsp)	11 Cheerios Cottage Cheese (1/2 cup) Egg and Broccoli Scramble Canned Pears * 1% Low Fat Milk Ketchup (1 Tbsp)	12 Bran Flakes Cereal Cheddar and Potato Bake Fruit Cocktail 1% Low Fat Milk Ketchup (1 Tbsp)
15 Egg Whites Pancakes (pre-prepared) Raisin Bran Cereal Orange 1% Low Fat Milk Margarine Pancake Syrup	16 Cheerios Egg Frittata with Potatoes and Peas Canned Sliced Peaches * 1% Low Fat Milk Margarine	17 Pancake Syrup Hard Boiled Egg Oatmeal (1 cup) Plain French Toast (pre-prepared) Banana 1% Low Fat Milk	18 Cheese Frittata Toasted Oats Cereal Whole Grain Blueberry Muffin (pre-prepared) Apple 1% Low Fat Milk Margarine	19 Cheddar and Potato Bake Cottage Cheese (1/2 cup) Mini Croissant (pre-prepared) Canned Pears 1% Low Fat Milk Pancake Syrup
22 Egg Whites Oatmeal (1 cup) Tropical Waffles with Mangoes and Whipped Cream Orange 1% Low Fat Milk Pancake Syrup	23 Instant Maple Flavored Oatmeal (1/2 cup) Vegetable Egg Frittata Whole Wheat Blueberry Muffins Peach 1% Low Fat Milk Ketchup (1 Tbsp)	24 Cinnamon French Toast (pre-prepared) Hard Boiled Egg Mini Croissant (pre-prepared) Grapes 1% Low Fat Milk Pancake Syrup	25 Multigrain Cheerios Whole Wheat Grilled Cheese (1 sandwich) Banana 1% Low Fat Milk Ketchup (1 Tbsp)	26 Apple Pancakes Hard Boiled Egg Oatmeal (1 cup) Apple 1% Low Fat Milk Pancake Syrup
29 Egg and Broccoli Scramble Instant Maple Flavored Oatmeal (1/2 cup) Whole Grain Apple Cinnamon Muffin (pre-prepared) Canned Pears * 1% Low Fat Milk Ketchup (9g packet)	30 Farina Plain French Toast (pre-prepared) Vegetarian Western Omelette Orange 1% Low Fat Milk Pancake Syrup			