

Hello, September!

Menu: LaGrange Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
Sep 4 Holiday	Sep 5 Honey Bunches of Oats 2oz String Cheese 1oz Apple 1/2c Assorted Fruit Cups 1/2c	Sep 6 Yogurt Parfait 1oz Assorted Fruit Cups 1/2c Craisins 1/2c	Sep 7 Oatmeal Bar 1oz Hard-Boiled Egg 1oz Applesauce Cup 1/2c Orange 1/2c	Sep 8 Blueberry Bread 1oz String Cheese 1oz Pear 1/2c Apple 1/2c
Sep 11 Whole Grain Bagel 2oz Orange 1/2c Fruit Juice 1/2c Cream Cheese Cup 1oz	Sep 12 Cheerios 1oz String Cheese 1oz Apple 1/2c Assorted Fruit Cups 1/2c	Sep 13 Turkey-Sausage/Biscuit 1oz Jelly Yogurt Parfait 1oz Banana 1/2c Craisins 1/2c	Sep 14 Overnight Oats 2oz Applesauce 1/2c Orange 1/2c	Sep 15 Flavored Muffin 2oz Pear 1/2c Apple 1/2c
Sep 18 Flavored Bagel 2oz Orange 1/2c Fruit Juice 1/2c Cream Cheese Cup 1oz	Sep 19 Trix Cereal 1oz String Cheese 1oz Apple 1/2c Assorted Fruit Cups 1/2c	Sep 20 Yogurt Parfait 1oz Assorted Fruit Cups 1/2c Craisins 1/2c	Sep 21 Fruit Flavored Oatmeal Bar 1oz Hard-Boiled Egg 1oz Applesauce Cup 1/2c Orange 1/2c	Sep 22 Fruit Flavored Bread 1oz String Cheese 1oz Pear 1/2c Apple 1/2c
Sep 25 Whole Grain Bagel 2oz Cream Cheese Cup 1oz Orange 1/2c Fruit Juice 1/2c	Sep 26 Cheerios 1oz String Cheese 1oz Apple 1/2c Assorted Fruit Cups 1/2c	Sep 27 Yogurt Parfait 1oz Craisins 1/2c Assorted Fruit Cups 1/2c	Sep 28 Overnight Oats 2oz Cinnamon Applesauce 1/2c Orange 1/2c	Sep 29 Flavored Muffin 2oz Pear 1/2c Apple 1/2c

NOTICE: The data contained within this report and the Mosaic Back of the Housefi Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

• **All Grain/Bread items served are Whole Grain Rich.**

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