



SEPTEMBER BREAKFAST MENU BUENA VISTA CITY SCHOOLS



CEREAL IS OFFERED DAILY

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|--|--|
| | | | 1 | 2 |
| | | | BREAKFAST BANANA SPLIT FRESH FRUIT 100% FRUIT JUICE CHOICE OF LOW FAT MILK | EGG PATTY W/ CHEESE TOAST FRESH FRUIT 100% FRUIT JUICE CHOICE OF LOW FAT MILK |
| 5 | 6 | 7 | 8 | 9 |
| NO SCHOOL | BACON BISCUIT FRESH FRUIT 100% FRUIT JUICE CHOICE OF LOW FAT MILK | DONUT & YOGURT FRESH FRUIT 100% FRUIT JUICE CHOICE OF LOW FAT MILK | FRENCH TOAST W/ SAUSAGE FRESH FRUIT 100% FRUIT JUICE CHOICE OF LOW FAT MILK | BREAKFAST PIZZA FRESH FRUIT 100% FRUIT JUICE CHOICE OF LOW FAT MILK |
| 12 | 13 | 14 | 15 | 16 |
| PANCAKES FRESH FRUIT 100% FRUIT JUICE CHOICE OF LOW FAT MILK | MUFFIN & YOGURT FRESH FRUIT 100% FRUIT JUICE CHOICE OF LOW FAT MILK | FRUIT PARFAIT FRESH FRUIT 100% FRUIT JUICE CHOICE OF LOW FAT MILK | SCRAMBLED EGGS W/ BISCUIT FRESH FRUIT 100% FRUIT JUICE CHOICE OF LOW FAT MILK | BISCUIT & GRAVY FRESH FRUIT 100% FRUIT JUICE CHOICE OF LOW FAT MILK |
| 19 | 20 | 21 | 22 | 23 |
| BREAKFAST PIZZA FRESH FRUIT 100% FRUIT JUICE CHOICE OF LOW FAT MILK | BREAKFAST ON A STICK FRESH FRUIT 100% FRUIT JUICE CHOICE OF LOW FAT MILK | SAUSAGE BISCUIT FRESH FRUIT 100% FRUIT JUICE CHOICE OF LOW FAT MILK | EGG OMELETTE & BISCUIT FRESH FRUIT 100% FRUIT JUICE CHOICE OF LOW FAT MILK | CHICKEN & WAFFLES FRESH FRUIT 100% FRUIT JUICE CHOICE OF LOW FAT MILK |
| 26 | 27 | 28 | 29 | 30 |
| NO SCHOOL | PANCAKES FRESH FRUIT 100% FRUIT JUICE CHOICE OF LOW FAT MILK | CHICKEN BISCUIT FRESH FRUIT 100% FRUIT JUICE CHOICE OF LOW FAT MILK | BREAKFAST BANANA SPLIT FRESH FRUIT 100% FRUIT JUICE CHOICE OF LOW FAT MILK | EGG PATTY W/ CHEESE TOAST FRESH FRUIT 100% FRUIT JUICE CHOICE OF LOW FAT MILK |

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

IF YOU HAVE ANY QUESTIONS PLEASE CALL OUR NUTRITION DEPARTMENT AT 540-261-3352