

# September 2019

## PDLE

### BREAKFAST



**Nutrition Tip:** September is Whole Grains Month! Aim to make at least half your grains whole grains. Look for the words “100% whole grain” or “100% whole wheat” on the food label. Whole grains provide more nutrients, like fiber, than refined grains.

Reference: USDA MyPlate



#### Monday

#### Tuesday

#### Wednesday

#### Thursday

#### Friday

NO SCHOOL

2

Breakfast Burrito  
Asst. Pop Tart  
Milk  
Fresh Fruit  
Orange Juice

3

Pancake Pup  
Asst. Cereal  
Milk  
Fresh Fruit  
Orange Juice

4

Dutch Waffle  
Asst. Cereal  
Milk  
Fresh Fruit  
Orange Juice

5

Cinnamon Roll  
Asst. Pop Tart  
Milk  
Fresh Fruit  
Orange Juice

6

Mini Strawberry Bagels  
Asst. Pop Tart  
Milk  
Fresh Fruit  
Orange Juice

9

Chicken Croissant  
Asst. Cereal  
Milk  
Fresh Fruit  
Orange Juice

10

Apple Frudel  
Asst. Cereal  
Milk  
Fresh Fruit  
Orange Juice

11

Ham, Egg, Cheese, Wrap  
Asst. Cereal  
Milk  
Fresh Fruit  
Orange Juice

12

Cinnamon Roll  
Asst. Pop Tart  
Milk  
Fresh Fruit  
Orange Juice

13

Mini Pancakes  
Asst. Pop Tart  
Milk  
Fresh Fruit  
Orange Juice

16

Southwest Sliders  
Asst. Cereal  
Milk  
Fresh Fruit  
Orange Juice

17

Asst. Pop Tart  
Asst. Cereal  
Milk  
Fresh Fruit  
Orange Juice

18

Breakfast Pizza  
Asst. Cereal  
Milk  
Fresh Fruit  
Orange Juice

19

Cinnamon Roll  
Asst. Cereal  
Milk  
Fresh Fruit  
Orange Juice

20

Blueberry Waffles  
Asst. Pop Tart  
Milk  
Fresh Fruit  
Orange Juice

23

Sausage Biscuit  
Asst. Cereal  
Milk  
Fresh Fruit  
Orange Juice

24

Scones  
Asst. Cereal  
Milk  
Fresh Fruit  
Orange Juice

25

Apple Frudel  
Asst. Cereal  
Milk  
Fresh Fruit  
Orange Juice

26

Cinnamon Roll  
Asst. Pop Tart  
Milk  
Fresh Fruit  
Orange Juice

27

Breakfast Pizza  
Asst. Cereal  
Milk  
Fresh Fruit  
Orange Juice

30

