

September 2023

Preschool - All Locations (Allen, Bryant, Mitchell, Thurston,
Westerman)

Breakfast

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

4

5

- Breakfast
- Cream Cheese
 - Strawberry Jam
 - Bagel
 - Low Fat Mozzarella String Cheese
- Sides for All Meals
- Red Delicious Apple Halved
 - Fresh Whole Fruit
- Milk & Condiments
- Skim Milk
 - 1% Low-fat Milk

6

- Breakfast
- Mini Maple Waffles
- Sides for All Meals
- Fresh Banana
 - Fresh Whole Fruit
- Milk & Condiments
- Skim Milk
 - 1% Low-fat Milk
 - Syrup

7

- Breakfast
- Whole Grain Blueberry Muffin
 - Strawberry Banana Bash Yogurt
- Sides for All Meals
- Blueberries
 - Fresh Whole Fruit
- Milk & Condiments
- Skim Milk
 - 1% Low-fat Milk

8

- Breakfast
- Golden Grahams
- Sides for All Meals
- Fresh Banana
 - Fresh Whole Fruit
- Milk & Condiments
- 1% Low-fat Milk
 - Skim Milk

11

- Breakfast
- WG Banana Muffin
 - Rasperry Rainbow Yogurt
- Sides for All Meals
- Fresh Pear
 - Fresh Whole Fruit
- Milk & Condiments
- Skim Milk
 - 1% Low-fat Milk

12

- Breakfast
- Whole Grain Maple Blueberry Waffles
- Sides for All Meals
- Red Delicious Apple Halved
 - Fresh Whole Fruit
- Milk & Condiments
- Skim Milk
 - 1% Low-fat Milk
 - Syrup

13

- Breakfast
- Strawberry Cream Cheese Stuffed Bagel
- Sides for All Meals
- Fresh Banana
 - Fresh Whole Fruit
- Milk & Condiments
- Skim Milk
 - 1% Low-fat Milk

14

- Breakfast
- Blueberry Parfait with Granola
- Sides for All Meals
- Blueberries
 - Fresh Whole Fruit
- Milk & Condiments
- Skim Milk
 - 1% Low-fat Milk
 - Syrup

15

- Breakfast
- Cinnamon Toast Crunch
 - Low Fat Mozzarella String Cheese
- Sides for All Meals
- Fresh Banana
 - Fresh Whole Fruit
- Milk & Condiments
- 1% Low-fat Milk
 - Skim Milk

18

- Breakfast
- Whole Grain French Toast Sticks
- Sides for All Meals
- Fresh Pear
 - Fresh Whole Fruit
- Milk & Condiments
- Skim Milk
 - 1% Low-fat Milk
 - Syrup

19

- Breakfast
- Whole Grain Apple Cinnamon Muffin
 - Low Fat Mozzarella String Cheese
- Sides for All Meals
- Red Delicious Apple Halved
 - Fresh Whole Fruit
- Milk & Condiments
- Skim Milk
 - 1% Low-fat Milk

20

- Breakfast
- Bagel
 - Cream Cheese
 - Strawberry Jam
- Sides for All Meals
- Fresh Banana
 - Fresh Whole Fruit
- Milk & Condiments
- Skim Milk
 - 1% Low-fat Milk
 - Syrup

21

- Breakfast
- IW Blueberry Loaf
 - Triple Cherry Yogurt
- Sides for All Meals
- Blueberries
 - Fresh Whole Fruit
- Milk & Condiments
- Skim Milk
 - 1% Low-fat Milk

22

- Breakfast
- Honey Cheerios Cereal Bowl
- Sides for All Meals
- Fresh Banana
 - Fresh Whole Fruit
- Milk & Condiments
- 1% Low-fat Milk
 - Skim Milk

25

- Breakfast
- Lucky Charms Cereal Bowl
- Sides for All Meals
- Fresh Pear
 - Fresh Whole Fruit
- Milk & Condiments
- Skim Milk
 - 1% Low-fat Milk

26

- Breakfast
- Blueberry Bash Waffles
- Sides for All Meals
- Red Delicious Apple Halved
 - Fresh Whole Fruit
- Milk & Condiments
- Skim Milk
 - 1% Low-fat Milk
 - Syrup

27

- Breakfast
- Bagel
 - Cream Cheese
 - Strawberry Jam
- Sides for All Meals
- Fresh Banana
 - Fresh Whole Fruit
- Milk & Condiments
- Skim Milk
 - 1% Low-fat Milk

28

- Breakfast
- WG Mini Banana Bread Loaf
 - Strawberry Banana Bash Yogurt
- Sides for All Meals
- Blueberries
 - Fresh Whole Fruit
- Milk & Condiments
- Skim Milk
 - 1% Low-fat Milk
 - Syrup

29

- Breakfast
- Cinnamon Chex Bowlpack
- Sides for All Meals
- Fresh Banana
 - Fresh Whole Fruit
- Milk & Condiments
- 1% Low-fat Milk
 - Skim Milk

Menus Subject to Change We try our best to serve our menus as posted; however, sometimes last minute changes occur. Please check with the cafe manager prior to the meal if you have any concerns.