



Breakfast Menu September 2025

Monday	Tuesday	Wednesday	Thursday	Friday
1 	2 	3 Cereal,Variety Fresh Fruit Juice cup Upstate 1 % Milk Upstate Fat Free Milk	4 Bagel Fresh Fruit Juice cup Upstate 1 % Milk Upstate Fat Free Milk	5 Powdered Sugar Mini Donuts Fresh Fruit Juice cup Upstate 1 % Milk Upstate Fat Free Milk
8 Cereal Bar Fresh Fruit Juice cup Upstate 1 % Milk Upstate Fat Free Milk	9 Banana Bread Fresh Fruit Juice cup Upstate 1 % Milk Upstate Fat Free Milk	10 Cereal,Variety Fresh Fruit Juice cup Upstate 1 % Milk Upstate Fat Free Milk	11 Blueberry Muffins Fresh Fruit Juice cup Upstate 1 % Milk Upstate Fat Free Milk	12 Pop Tarts - Strawberry Fresh Fruit Juice cup Upstate 1 % Milk Upstate Fat Free Milk
15 Chocolate Mini Donuts Fresh Fruit Juice cup Upstate 1 % Milk Upstate Fat Free Milk	16 Yogurt Fresh Fruit Juice cup Graham Crackers Upstate 1 % Milk Upstate Fat Free Milk	17 Cereal,Variety Fresh Fruit Juice cup Upstate 1 % Milk Upstate Fat Free Milk	18 Chocolate Chip Muffins Fresh Fruit Juice cup Upstate 1 % Milk Upstate Fat Free Milk	19 Bagel Fresh Fruit Juice cup Upstate 1 % Milk Upstate Fat Free Milk
22 Cereal Bar Fresh Fruit Juice cup Upstate 1 % Milk Upstate Fat Free Milk	23 Pop Tarts - Strawberry Fresh Fruit Juice cup Upstate 1 % Milk Upstate Fat Free Milk	24 Cereal,Variety Fresh Fruit Juice cup Upstate 1 % Milk Upstate Fat Free Milk	25 Chocolate Chip Muffin Top Fresh Fruit Juice cup Upstate 1 % Milk Upstate Fat Free Milk	26 Donut Fresh Fruit Juice cup Upstate 1 % Milk Upstate Fat Free Milk
29 Chocolate Chip Crumb Loaf Fresh Fruit Juice cup Upstate 1 % Milk Upstate Fat Free Milk	30 Apple Oatmeal Bar Fresh Fruit Juice cup Upstate 1 % Milk Upstate Fat Free Milk	This institution is an equal opportunity provider. Menu is subject to change.		

PLEASE NOTE: The nutrition information provided in this analysis should not be used for people with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. In planning and treating allergies and medical conditions, please contact the district regarding their individual policy for accommodating special dietary needs.

WHAT IS IN A
BREAKFAST???

Grains, Meat/Meat
Alternate, Vegetables,
Fruits, and Milk.

Students MUST take 3 full
items including 1/2 cup
fruit or vegetable.