



BREAKFAST



SEPTEMBER 2025

Beatrice Mayes Institute

Monday

LABOR DAY

1

Tuesday

Pop Tart
Graham Crackers
Pineapple Chunks
Milk

2

Wednesday

Blueberry Muffin Top
Graham Crackers
Sliced Peaches
Milk

3

Thursday

Cinni Mini
Graham Crackers
Fruit Cocktail
Milk

4

Friday

Cowboy Bread
Graham Crackers
Sliced Apples
Milk

5

Kolache
Graham Crackers
Mixed Fruit
Milk

8

Mini Bagel w/
Strawberry Cream Cheese
Graham Crackers
Sliced Pears
Milk

9

Breakfast Pizza
Graham Crackers
Mandarin Oranges
Milk

10

Turkey Sausage
Cheese Wrap
Graham Crackers
Pineapple Tidbits
Milk

11

Yogurt
Granola
Diced Peaches
Milk

12

Cowboy Bread
Graham Crackers
Diced Pears
Milk

15

Maple Pancake
Sausage Sandwich
Graham Crackers
Sliced Peaches
Milk

16

Cinni Mini
Graham Crackers
Sliced Apples
Milk

17

Banana Muffin Top
String Cheese
Fruit Cocktail
Milk

18

Pop Tart
Graham Crackers
Pineapple Chunks
Milk

19

Breakfast Pizza
Graham Crackers
Mandarin Oranges
Milk

22

Turkey Sausage
Cheese Wrap
Graham Crackers
Diced Peaches
Milk

23

Yogurt
Granola
Sliced Pears
Milk

24

Kolache
Graham Crackers
Mixed Fruit
Milk

25

Mini Bagel w/
Strawberry Cream Cheese
Graham Crackers
Pineapples Tidbits
Milk

26

Pop Tart
Graham Crackers
Sliced Apples
Milk

29

Cinni Mini
Graham Crackers
Fruit Cocktail
Milk

30





SEPTEMBER 2025

Beatrice Mayes Institute

Monday

LABOR DAY

1

Tuesday

Crispy Chicken w/
Country Gravy
Mashed Potatoes
Mustard Greens
Pineapple Chunks
Milk

2

Wednesday

Classic Ground Beef Tacos
Black Beans
Steamed Broccoli
Sliced Peaches
Milk

3

Thursday

Creamy Chicken Tetrazzini
Green Beans
Spring Mixed Salad w/
Cherry Tomatoes
Fruit Cocktail
Milk
Dressing

4

Friday

Classic Pepperoni Pizza
Sweet Potato Fries
Baked Beans
Sliced Apples
Milk

5

Chicken Quesadilla
Refried Beans
Corn
Mixed Fruit
Milk

8

Asian Chicken Stir-Fry
Green Beans
Steamed Carrots
Sliced Pears
Milk

9

Crispy Popcorn Chicken
Mac & Cheese
Spinach
Mandarin Oranges
Milk
Ketchup

10

Braised Meatball
w/Sauce
Mashed Potatoes
Mixed Vegetables
Pineapple Tidbits
Milk

11

Texas Chili Dog
Pinto Beans
Seasoned Fries
Diced Peaches
Milk

12

Texas Chopped Beef Sandwich
Baked Beans
Coleslaw
Diced Pears
Milk

15

Homestyle Meatloaf
w/Sauce
Steamed Carrots
Corn
Sliced Peaches
Milk

16

Meatball Hoagie
Baked Beans
Mustard Greens
Sliced Apples
Milk

17

Oven Baked Chicken
Green Beans
Scalloped Potatoes
Fruit Cocktail
Milk

18

All American Hamburger
Seasoned Fries
Celery Sticks
Pineapple Chunks
Milk

19

Golden Chicken Tenders
Navy Beans
Corn
Mandarin Oranges
Milk

22

Classic Salisbury Steak
w/Gravy
Mashed Potatoes
Broccoli
Diced Peaches
Milk

23

Monterey Beef Enchiladas
Ranchero Beans
Mixed Vegetables
Sliced Pears
Milk

24

Classic Chicken Cacciatore
Green Beans
Scalloped Potatoes
Mixed Fruit
Milk

25

Crispy Golden Corn Dog
Sweet Potato fries
Broccoli
Pineapples Tidbits
Milk

26

Yummy Nachos w/Diced Chicken
Ranchero Beans
Spring Mixed Salad w/Cherry Tomatoes
Sliced Apples
Milk

29

Chipotle Chicken
Fajita Rice Bowl
Pinto Bean
Corn
Fruit Cocktail
Milk

30