



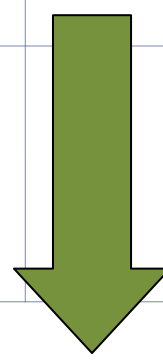
Energy

2010

September

Elementary BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p>Don't forget to check out www.acefanclub.com for fun and games</p>		<p>1 ★ Biscuit & Gravy Pineapple Milk</p>	<p>2 Fresh Baked Cinnamon Roll Mixed Fruit Milk</p>	<p>3 Homemade LF Blueberry Muffin Cheese Stick 100% Apple Juice Milk</p>	<p>Meal Prices: Full.....\$1.25 Reduced...\$.30 <i>Free for all students who qualify</i></p> <p>Daily Selections: ~Kellogg's and General Mills WG Cereal Bowls ~WG Cereal Bars ~String Cheese ~100% Fruit Juice</p> <p><i>WG = whole grain RF = reduced fat</i></p> <p>Milk Selections: 1% White Milk Skim Milk</p> <p>*may contain pork products</p>  <p>Food Service Office 622-4153 Linett Sturch Food Service Director</p>
<p>6 <u>Labor Day</u> <u>No School</u></p>	<p>7 *Tony's Breakfast Pizza Chilled Pears Milk</p>	<p>8 *Sausage Breakfast Bagel Apple Slices Milk</p>	<p>9 French Toast Sticks with Syrup Diced Peaches Milk</p>	<p>10 Colby Cheese Omelet Mixed Fruit Milk</p>	
<p>13 Trix Yogurt Cup Animal Crackers 100% Apple Juice Milk</p>	<p>14 Toasted Bagel Jelly or Cream Cheese Diced Peaches Milk</p>	<p>15 Scrambled Eggs Toast Tator Tots Milk</p>	<p>16 Biscuit & Gravy Pineapple Milk</p>	<p>17 Homemade LF Banana Muffin Cheese Stick 100% Orange Juice Milk</p>	
<p>Lucky Tray Day All this Week – Good Luck!!</p>					
<p>20 Colby Cheese Omelet Mixed Fruit Milk</p>	<p>21 *Tony's Breakfast Pizza Chilled Pears Milk</p>	<p>22 Toasted Bagel Jelly or Cream Cheese Orange Smiles Milk</p>	<p>23 *Sausage Breakfast Bagel Apple Slices Milk</p>	<p>24 Pancakes with Syrup Sweet Peaches Milk</p>	
<p>27 Trix Yogurt Cup Animal Crackers 100% Orange Juice Milk</p>	<p>28 Scrambled Eggs Toast Tator Tots Milk</p>	<p>29 Biscuit & Gravy Pineapple Milk</p>	<p>30 Homemade LF Apple Cinnamon Muffin Cheese Stick Milk</p>		



Are you ready for a healthy start?
Be sure to start your day off right with a good breakfast.
A balanced meal in the morning will give you the energy and nutrition you need to fuel your brain and body.



Menus are subject to change without notice.

