

SEPTEMBER | 2021



Southgate Elementary Breakfast Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

30	31	1	2	3
6 LABOR DAY	7 Banana Chocolate Bar (2 Items) Fruit (1 Item) 100% Fruit Juice (1 Item) Choice of Milk (1 Item)	8 Wh. Grain Pop Tart (1 Item) Graham Cracker (1 Item) Fruit (1 Item) 100% Fruit Juice (1 Item) Choice of Milk (1 item)	9 Scooby Grahams (1 Item) Yogurt (1 Item) Fruit (1 Item) 100% Fruit Juice (1 Item) Choice of Milk (1 Item)	10 Cook's Choice Today Fruit (1 Item) 100% Fruit Juice (1 Item) Choice of Milk (1 Item)
13 Cereal (1 Item) Graham Cracker (1 Item) Fruit (1 Item) 100% Fruit Juice (1 Item) Choice of Milk (1 Item)	14 Bagel (2 Items) Cream Cheese (0 Items) Fruit (1 Item) 100% Fruit Juice (1 Item) Choice of Milk (1 Item)	15 Scooby Grahams (1 Item) Yogurt or Str. Cheese (1 Item) Fruit (1 Item) 100% Fruit Juice (1 Item) Choice of Milk (1 Item)	16 Cereal (1 Item) Graham Crackers (1 Item) Fruit (1 Item) 100% Fruit Juice (1 Item) Choice of Milk (1 Item)	17 Cook's Choice Today Fruit (1 Item) 100% Fruit Juice (1 Item) Choice of Milk (1 item)
20 Pillsbury Cherry Pastry (2 Item) Fruit (1 Item) 100% Fruit Juice (1 Item) Choice of Milk (1 Item)	21 Cereal (1 Item) Graham Cracers (1 Item) Fruit (1 Item) 100% Fruit Juice (1 Item) Choice of Milk (1 Item)	22 Wh. Grain Choc. Donut (2 Items) Fresh or Cup of Fruit (1 Item) 100% Fruit Juice (1 Item) Choice of Milk (1 Item)	23 Blueberry Muffin (1 Item) Yogurt (1 Item) Fruit (1 Item) 100% Fruit Juice (1 Item) Choice of Milk (1 Item)	24 Cook's Choice Today Fruit (1 Item) 100% Fruit Juice (1 Item) Choice of Milk (1 Item)
27 Lemon Bread (2 Items) Fruit (1 Item) 100% Fruit Juice (1 Item) Choice of Milk (1 Item)	28 Bagel (1 Item) Cream Cheese (0 Items) Fruit (1 Item) 100% Fruit Juice (1 Item) Choice of Milk (1 Item)	29 Wh. Grain Pop Tart (1 Item) Graham Cracker (1 Item) Fresh or Cup of Fruit (1 Item) 100% Fruit Juice (1 Item) Choice of Milk (1 item)	30 Cereal (1 Item) Graham Crackers (1 Item) Fruit (1 Item) 100% Fruit Juice (1 Item) Choice of Milk (1 Item)	1 Cook's Choice Today Fruit (1 Item) 100% Fruit Juice (1 Item) Choice of Milk (1 Item)

Welcome Back

Don't Forget:
Select at least three (3)
food items.
One of the items must
be a FRUIT!

Please see food item
counts posted on daily
menu

Daily Milk Options:

Fat Free Chocolate
1% White

Menu subject to change,
notice will be given when
possible.