



BREAKFAST @SCHOOL

For first-class learning!

Sara Lindemuth/Anna Carter Primary School

Featuring
Healthy Fruits
& Grains!

**BREAKFAST MENU
FOR SEPTEMBER 2017**

This institution is an equal opportunity provider. Menu is subject to change.

Breakfast Bites!



Want to try something new and delicious – and healthy – for your weekend breakfast? Search for “lemon-blueberry-quinoa-pancakes” on-line and follow the recipe! These babies pack a load of protein, fiber, natural sweetness, and whole-grain goodness – not to mention flavor! – into a tired old breakfast stand-by!

Monday, September 4



No School

Tuesday, September 5

Chocolate Chip Muffin

Chilled Peaches

100% Fruit Juice

Assorted Milk

Wednesday, September 6

Mini Bagels w/Cinnamon Cream Cheese

Mixed Fruit

100% Fruit Juice

Assorted Milk

Thursday, September 7

Mini Maple Pancakes

Banana

100% Fruit Juice

Assorted Milk

Friday, September 8

Cereal Bowl

Sliced Pears

100% Fruit Juice

Assorted Milk

First things First

Choose at least ONE serving of FRUIT and at least THREE items TOTAL so your meal counts as a Complete Breakfast!

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Monday, September 11

Apple Cinnamon Muffin

Chilled Peaches

100% Fruit Juice

Assorted Milk

Tuesday, September 12

Warm Biscuit w/Butter & Jelly

Cup of Grapes

100% Fruit Juice

Assorted Milk

Wednesday, September 13

Mini Berry French Toast

Applesauce

100% Fruit Juice

Assorted Milk

Thursday, September 14

Apple Frudel

Banana

100% Fruit Juice

Assorted Milk


Friday, September 15

Cereal Bar & Trix Yogurt Cup

Mixed Fruit

100% Fruit Juice

Assorted Milk

Monday, September 18 Banana Loaf Chilled Peaches 100% Fruit Juice Assorted Milk	Tuesday, September 19 Mini Bagels w/Cinnamon Cream Cheese Applesauce 100% Fruit Juice Assorted Milk	Wednesday, September 20 Mini Blueberry Waffles Orange Smiles 100% Fruit Juice Assorted Milk	Thursday, September 21 Rosh Hashanah  No School Today	Friday, September 22 Cereal Bowl Sliced Pears 100% Fruit Juice Assorted Milk
Monday, September 25 Blueberry Loaf Chilled Peaches 100% Fruit Juice Assorted Milk	Tuesday, September 26 Mini Cinnamon Rolls Cup of Grapes 100% Fruit Juice Assorted Milk	Wednesday, September 27 Apple Bosco Stick Mixed Fruit 100% Fruit Juice Assorted Milk	Thursday, September 28 Plain Bagel w/Cream Cheese Banana 100% Fruit Juice Assorted Milk	Friday, September 29 Cereal Bar & Trix Yogurt Cup Sliced Pears 100% Fruit Juice Assorted Milk



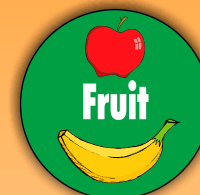
Variously called "akara" or "kosai" in different parts of Nigeria, this fried dish of mashed black-eyed peas, hot pepper, and chopped onion is a favorite breakfast food in West Africa. Nigerians often eat it with bread, fried yams, and "ogi," a corn meal delicacy.

NIGERIA



First things First

To make a breakfast, choose at least one



or



and at least three items total



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