

# SEPTEMBER 2018

HAINES - John C. Haines Elementary School

K-8 GNG Breakfast

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1						
2	3	4 <ul style="list-style-type: none"> <li>• Cold Mini Strawberry Creamy Cheese Bagels . Fruit Variety</li> <li>• Choice of Milk --- 1% Milk Skim Milk</li> <li>• Strawberry Pancakes .</li> </ul>	5 <ul style="list-style-type: none"> <li>• Cheesy Egg Biscuit . Oatmeal Raisin Bar . Cheerios String Cheese . Fruit Variety</li> <li>• Choice of Milk --- 1% Milk Skim Milk</li> </ul>	6 <ul style="list-style-type: none"> <li>• Cherry Frudel . Peach Parfait</li> <li>• Graham Crackers . Fruit Variety</li> <li>• Choice of Milk --- 1% Milk Skim Milk</li> </ul>	7 <ul style="list-style-type: none"> <li>• French Toast Sticks Maple Syrup . PBJ Graham Cracker Bar . Frosted Mini Wheats String Cheese . Fruit Variety</li> <li>• Choice of Milk --- 1% Milk Skim Milk</li> </ul>	8
9 <ul style="list-style-type: none"> <li>• OFFERED DAILY We offer a rotation of vitamin and mineral-rich seasonal fresh and cupped fruits.</li> <li>• We only use heart-healthy whole grain breads, pastas, and rice in our recipes.</li> <li>• Our milk varieties include 1% low fat and fat-free unflavored and flavored choices.</li> </ul>	10 <ul style="list-style-type: none"> <li>• Pancake on a Stick . Oatmeal Raisin Bar . Cheerios String Cheese . Fruit Variety</li> <li>• Choice of Milk --- 1% Milk Skim Milk</li> </ul>	11 <ul style="list-style-type: none"> <li>• Half Grilled C.Ham &amp; Cheese Breakfast Sandwich</li> <li>• Tater Tots . French Toast Bar . Fruit Variety</li> <li>• Choice of Milk --- 1% Milk Skim Milk</li> </ul>	12 <ul style="list-style-type: none"> <li>• Waffles Maple Syrup . Cold Mini Cinnamon Creamy Cheese Bagels . Frosted Mini Wheats String Cheese . Fruit Variety</li> <li>• Choice of Milk --- 1% Milk Skim Milk</li> </ul>	13 <ul style="list-style-type: none"> <li>• Pancakes C.Sausage Maple Syrup . Pear Parfait Graham Crackers . Fruit Variety</li> <li>• Choice of Milk --- 1% Milk Skim Milk</li> </ul>	14 <ul style="list-style-type: none"> <li>• Apple Frudel . PBJ Graham Cracker Bar . Cheerios String Cheese . Fruit Variety</li> <li>• Choice of Milk --- 1% Milk Skim Milk</li> </ul>	15 <ul style="list-style-type: none"> <li>• Our menus are pork-free!</li> <li>• In peanut-free buildings, SunButter will be substituted.</li> <li>• All menus are subject to change.</li> <li>• Not all offerings may be available in all buildings.</li> </ul>
16	17 <ul style="list-style-type: none"> <li>• Pancake on a Stick . French Toast Bar . Frosted Mini Wheats String Cheese . Fruit Variety</li> <li>• Choice of Milk --- 1% Milk Skim Milk</li> </ul>	18 <ul style="list-style-type: none"> <li>• Egg &amp; Cheese English Muffin . Cold Mini Strawberry Creamy Cheese Bagels . Fruit Variety</li> <li>• Choice of Milk --- 1% Milk Skim Milk</li> </ul>	19 <ul style="list-style-type: none"> <li>• French Toast Sticks Maple Syrup . Oatmeal Raisin Bar . Cheerios String Cheese . Fruit Variety</li> <li>• Choice of Milk --- 1% Milk Skim Milk</li> </ul>	20 <ul style="list-style-type: none"> <li>• Strawberry Pancakes . Peach Parfait Graham Crackers . Fruit Variety</li> <li>• Choice of Milk --- 1% Milk Skim Milk</li> </ul>	21 <ul style="list-style-type: none"> <li>• Egg &amp; Cheese Bagel . PBJ Graham Cracker Bar . Frosted Mini Wheats String Cheese . Fruit Variety</li> <li>• Choice of Milk --- 1% Milk Skim Milk</li> </ul>	22
23	24 <ul style="list-style-type: none"> <li>• Pancake on a Stick . Oatmeal Raisin Bar . Cheerios String Cheese . Fruit Variety</li> <li>• Choice of Milk --- 1% Milk Skim Milk</li> </ul>	25 <ul style="list-style-type: none"> <li>• Half Grilled C.Ham &amp; Cheese Breakfast Sandwich</li> <li>• Tater Tots . French Toast Bar . Fruit Variety</li> <li>• Choice of Milk --- 1% Milk Skim Milk</li> </ul>	26 <ul style="list-style-type: none"> <li>• Waffles Maple Syrup . Cold Mini Cinnamon Creamy Cheese Bagels . Frosted Mini Wheats String Cheese . Fruit Variety</li> <li>• Choice of Milk --- 1% Milk Skim Milk</li> </ul>	27 <ul style="list-style-type: none"> <li>• Pancakes C.Sausage Maple Syrup . Pear Parfait Graham Crackers . Fruit Variety</li> <li>• Choice of Milk --- 1% Milk Skim Milk</li> </ul>	28 <ul style="list-style-type: none"> <li>• Apple Frudel . PBJ Graham Cracker Bar . Cheerios String Cheese . Fruit Variety</li> <li>• Choice of Milk --- 1% Milk Skim Milk</li> </ul>	29