




**METAMORA GRADE SCHOOL BREAKFAST MENU
SEPTEMBER 2016**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|---|--|
|  |  |  | 1 Long John or Cereal, Toast Fresh Fruit 100% Fruit Juice Milk | 2 Cereal, Toast Fresh Fruit 100% Fruit Juice Milk |
| 5 Cereal, Toast Fresh Fruit 100% Fruit Juice Milk | 6 Pancake Sausage Stick or Cereal, Toast Fresh Fruit 100% Fruit Juice Milk | 7 Cereal, Toast Fresh Fruit 100% Fruit Juice Milk | 8 Mini cinnamon Bagels or Cereal, Toast Fresh Fruit 100% Fruit Juice Milk | 9 Cereal, Toast Fresh Fruit 100% Fruit Juice Milk |
| 12 Cereal, Toast Fresh Fruit 100% Fruit Juice Milk | 13 Scrambled Eggs & Bacon or Cereal, Toast Fresh Fruit 100% fruit Juice Milk | 14 Cereal, Toast Fresh Fruit 100% Fruit Juice Milk | 15 Cinnamon Roll or Cereal, Toast Fresh Fruit 100% Fruit Juice Milk | 16 Cereal, Toast Fresh Fruit 100% Fruit Juice Milk |
| 19 Cereal, Toast Fresh Fruit 100% Fruit Juice Milk | 20 Pancake Sausage Stick or Cereal, Toast Fresh Fruit 100% Fruit Juice Milk | 21 Cereal, Toast Fresh Fruit 100% Fruit Juice Milk | 22 Long John or Cereal, Toast Fresh Fruit 100% Fruit Juice Milk | 23 Cereal, Toast Fresh Fruit 100% Fruit Juice Milk |
| 26 Cereal, Toast Fresh Fruit 100% Fruit Juice Milk | 27 Scrambled Eggs & Sausage Cereal, Toast Fresh Fruit 100% Fruit Juice Milk | 28 Cereal, Toast Fresh Fruit 100% Fruit Juice Milk | 29 Donut or Cereal, Toast Fresh Fruit 100% Fruit Juice Milk | 30 Cereal, Toast Fresh Fruit 100% Fruit Juice Milk |