

## Breakfast - September 2015 - Covington-Douglas

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	English Muffin	Yogurt Parfait	French Toast Sticks(3each)	Cinnamon Roll
	Fresh Fruit	Granola	Fresh Fruit	Sausage
	Juice	Fresh Fruit	Juice	Fresh Fruit
	Milk	Juice	Milk	Juice
		Milk		Milk
7	8	9	10	11
Pancake on a Stick	Bagel and Cream Cheese	Biscuit and Gravy	Waffles(2 each)	Toast
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Cereal
Juice	Juice	Juice	Juice	Fresh Fruit
Milk	Milk	Milk	Milk	Juice
				Milk
14	15	6	17	18
Biscuit and Gravy	Pancakes(2 each)	Breakfast Pizza	Toast	Cinnamon Roll
Fresh Fruit	Fresh Fruit	Fresh Fruit	Sausage	Yogurt
Juice	Juice	Juice	Fresh Fruit	Fresh Fruit
Milk	Milk	Milk	Juice	Juice
			Milk	Milk
21	22	23	24	25
Biscuit and Gravy	Waffles (2 each)	Toast	Pancake on a Stick	Cinnamon Roll
Fresh Fruit	Fresh Fruit	Sausage	Fresh Fruit	Fresh Fruit
Juice	Juice	Fresh Fruit	Juice	Juice
Milk	Milk	Juice	Milk	Milk
		Milk		
28	29	30		
Sausage Biscuit	Bagel and Cream Cheese	Muffin		
Fresh Fruit	Fresh Fruit	Yogurt		
Juice	Juice	Fresh Fruit		
Milk	Milk	Juice		
		Milk		
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