

South Range Breakfast Menu August/September 2019

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MENUS SUBJECT TO CHANGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
August 19 Cheddar Cheese Omelet w/Toast Fresh Fruit or 100% Fruit Juice Choice of Milk	20 Pancake Sausage Wrap on a Stick Fresh Fruit or 100% Fruit Juice Choice of Milk	21 French Toast Sticks Fresh Fruit or 100% Fruit Juice Choice of Milk	22 Warm Mini Pancakes Fresh Fruit or 100% Fruit Juice Choice of Milk	23 Brown Sugar Cinnamon Oatmeal Fresh Fruit or 100% Fruit Juice Choice of Milk
September 2 Labor Day No School	3 Mini Waffles Fresh Fruit or 100% Fruit Juice Choice of Milk	4 Maple Cinnamon Pancakes Fresh Fruit or 100% Fruit Juice Choice of Milk	5 Smoothie w/Graham Crackers Fresh Fruit or 100% Fruit Juice Choice of Milk	6 Confetti Pancakes Fresh Fruit or 100% Fruit Juice Choice of Milk
9 Sausage Waffle Breakfast Sandwich Fresh Fruit or 100% Fruit Juice Choice of Milk	10 Apple Cinnamon Texas French Toast Fresh Fruit or 100% Fruit Juice Choice of Milk	11 Breakfast Box Fresh Fruit or 100% Fruit Juice Choice of Milk	12 Cheddar Cheese Omelet w/Toast Fresh Fruit or 100% Fruit Juice Choice of Milk	13 Decorated Donut Fresh Fruit or 100% Fruit Juice Choice of Milk
16 WG Cinnamon Roll Fresh Fruit or 100% Fruit Juice Choice of Milk	17 Pancake Sausage Wrap on a Stick Fresh Fruit or 100% Fruit Juice Choice of Milk	18 Breakfast Pizza Fresh Fruit or 100% Fruit Juice Choice of Milk	19 French Toast Sticks Fresh Fruit or 100% Fruit Juice Choice of Milk	20 Brown Sugar Cinnamon Oatmeal Fresh Fruit or 100% Fruit Juice Choice of Milk
23 Mini Waffles Fresh Fruit or 100% Fruit Juice Choice of Milk	24 Smoothie w/Graham Crackers Fresh Fruit or 100% Fruit Juice Choice of Milk	25 Maple Cinnamon Pancakes Fresh Fruit or 100% Fruit Juice Choice of Milk	26 Breakfast Box Fresh Fruit or 100% Fruit Juice Choice of Milk	27 Decorated Donut Fresh Fruit or 100% Fruit Juice Choice of Milk

What Makes a Breakfast Meal?

You must choose at least 3 of 4 components available for the school breakfast price.

Entrée, 1 Cup Fruit, and 1/2 Pint Milk

Alternate Menu Options May Include:

Variety of Whole Grain Muffins
 Chocolate Chip Oatmeal Breakfast Bar
 Fortified Breakfast Pastries
 Warm Bagels
 Yogurt & Toast
 Fruit & Yogurt Parfaits
 Whole Grain Cereal w/ Toast

Variety of Fresh Fruit, 100% Fruit Juice and Canned Fruits available daily.



Milk Choices Offered Daily

Fat Free Chocolate, Fat Free Strawberry, Fat Free White and Low Fat White

Proud to manage your food service program



Meal Prices:
Paid \$1.50
Reduced \$0.30

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER



Whole Grains Available Daily