

SEPT 2022

GEAR UP FOR DANCE



ANNOUNCEMENTS:

Updated 1/1/2022
www.SquareMeals.org

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

HOLIDAY

BREAKFAST ROUND
YOGURT
CEREAL
TOAST
FRUIT JUICE MILK

PANCAKES
BACON
CEREAL
TOAST
FRUIT JUICE MILK

TEACHER'S
INSERVICE

BREAKFAST TAQUITO
BREAKFAST BANANA
BREAD
YOGURT
FRUIT JUICE MILK

DUTCH WAFFLES
SAUSAGE
CRACKERS
CHEESESTICK
FRUIT JUICE MILK

EARLY BIRD SANDWICH
BREAKFAST BREAD
YOGURT
FRUIT JUICE MILK

CHEESE OMELET
BREAKFAST BREAD
YOGURT
CHEESESTICK
FRUIT JUICE MILK

CEREAL
TOAST
BREAKFAST PARFAIT
FRUIT JUICE MILK

BISCUITS/ BACON
SCRAMBLED EGGS
GRAVY
CEREAL
TOAST
FRUIT JUICE MILK

MUFFIN
YOGURT
CEREAL
TOAST
FRUIT JUICE MILK

BISCUITS/ BACON
SCRAMBLED EGGS
GRAVY
CEREAL
TOAST
FRUIT JUICE MILK

FRUDEL
CHEESESTICK
CINNAMON TOAST
FRUIT JUICE MILK

SUNRISE SANDWICH
CRACKERS
CHEESESTICKS
FRUIT JUICE MILK

PANCAKE WRAP
YOGURT
BREAKFAST BREAD
FRUIT JUICE MILK

BREAKFAST COOKIE
YOGURT
CRACKERS
CHEESESTICK
FRUIT JUICE MILK

BREAKFAST PIZZA
BREAKFAST FRUDEL
CHEESESTICK
FRUIT JUICE MILK

DUTCH WAFFLE
SAUSAGE
CEREAL
YOGURT
FRUIT JUICE MILK

FRENCH TOAST STICKS
BACON
CEREAL
TOAST
FRUIT JUICE MILK

CHEESY TOAST
SAUSAGE
CEREAL
TOAST
FRUIT JUICE MILK

BREAKFAST BURRITO
CEREAL
TOAST
FRUIT JUICE MILK

FRENCH TOAST STICKS
SAUSAGE
CEREAL
TOAST
FRUIT JUICE MILK



Food and Nutrition Division
Nutrition Assistance Programs



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