



Central 104 Breakfast Menu

September 2018

3
**Labor Day
No School**

4
Blueberry Muffin
*Chicken Patty Breakfast
Sandwich*
Assorted Cereal
Pick Two Option

Fresh Orange Wedges
Mixed Fruit

5
Cinnamon Twist
*Egg Omelet w/ Tater
Tots & Toast*
Assorted Cereal
Pick Two Option

Fresh Grapes
Applesauce

6
Maple Glaze Donut
Sausage & Cheese Muffin
Assorted Cereal
Pick Two Option

Fresh Banana
Diced Pears

7
Cherry Frudel
Egg & Cheese Bosco
Assorted Cereal
Pick Two Option

Raisins
Diced Peaches

10
Waffles w/ Syrup
*Sausage, Egg & Cheese
Bagel*
Assorted Cereal
Pick Two Option

Fresh Apple
Diced Pears

11
**Orange Glaze
Cinnamon Roll**
Biscuit & Gravy
Assorted Cereal
Pick Two Option

Fresh Orange Wedges
Mixed Fruit

12
Apple Bosco
Breakfast Pizza
Assorted Cereal
Pick Two Option

Fresh Grapes
Applesauce

13
Pancakes w/ Syrup
*Sausage & Cheese
Breakfast Burger*
Assorted Cereal
Pick Two Option

Fresh Banana
Diced Pears

14
Chocolate Chip Muffin
Sausage Pancake Stick
Assorted Cereal
Pick Two Option

Raisins
Diced Peaches

17
Apple Frudel
Egg & Cheese Biscuit
Assorted Cereal
Pick Two Option

Fresh Apple
Diced Pears

18
Guavalito
Egg & Cheese Bagel
Assorted Cereal
Pick Two Option

Fresh Orange Wedges
Mixed Fruit

19
**Apple Cinnamon
Muffin**
*Egg Omelet w/ Tater
Tots & Toast*
Assorted Cereal
Pick Two Option

Fresh Grapes
Applesauce

20
Waffles w/ Syrup
*Cheesy Ham & Egg
Pancake Panini*
Assorted Cereal
Pick Two Option

Fresh Banana
Diced Pears

21
**Powder Sugar Donut
Holes**
Breakfast Pizza
Assorted Cereal
Pick Two Option

Raisins
Diced Peaches

24
**Cinnamon Raisin
Bagel**
*Cheesy Egg Breakfast
Burger*
Assorted Cereal
Pick Two Option

Fresh Apple
Diced Pears

25
Grape Filled Crescent
*Sausage & Cheese English
Muffin*
Assorted Cereal
Pick Two Option

Fresh Orange Wedges
Mixed Fruit

26
Apple Bosco Stick
*Scrambled Eggs w/ Tater
Tots & Toast*
Assorted Cereal
Pick Two Option

Fresh Grapes
Applesauce

27
Banana Muffin
*Bacon, Egg, & Cheese
Flatbread*
Assorted Cereal
Pick Two Option

Fresh Banana
Diced Pears

28
**Oatmeal Raisin
Benefit Bar**
*Egg & Sausage Breakfast
Burger w/ BBQ Salsa*
Assorted Cereal
Pick Two Option

Raisins
Diced Peaches

Pick Two Options: Pick Two Items and add a fruit to make a meal.
Cinnamon or Strawberry Poptart
Strawberry Banana Yogurt
String Cheese
Bug Bites

Daily Offerings
100% Fruit Juice
Fresh Fruit
Fat Free White & Chocolate Milk

**All Cereal is served
w/ grain choice**