

SEPTEMBER 2019

ACHS BREAKFAST

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**LABOR DAY
NO SCHOOL**

2

Mini Pancakes –
Maple, WG
Cereal
Fruit Cup
Fruit Juice

3

Sausage Egg Slider, WG
Cereal
Fruit Cup
Fruit Juice

4

Muffin
Yogurt
Fruit Cup
Fruit Juice

5

Biscuit & Country Gravy
Cereal
Fruit Cup
Fruit Juice

6

Chex Mix -
Chocolate or Strawberry
Cereal
Fruit Cup
Fruit Juice

9

Sausage Pancake Wrap, WG
Cereal
Fruit Cup
Fruit Juice

10

Bacon Egg Boat, WG
Cereal
Fruit Cup
Fruit Juice

11

Yogurt Parfait
Cereal
Fruit Cup
Fruit Juice

12

Ham Egg Cheese
Combo Bar, WG
Cereal
Fruit Cup
Fruit Juice

13

French Toast Sticks
Syrup - SF
Cereal
Fruit Cup
Fruit Juice

16

Pop Tart
Cereal
Fruit Cup
Fruit Juice

17

Banana Bread
Cereal
Fruit Cup
Fruit Juice

18

Bacon Egg Cheese
Biscuit, WG
Cereal
Fruit Cup
Fruit Juice

19

Long John Donut, WG
Cereal
Fruit Cup
Fruit Juice

20

Breakfast Bites, WG
Cereal
Fruit Cup
Fruit Juice

23

Cereal Bar
Cereal
Fruit Cup
Fruit Juice

24

Breakfast Bosco
Cereal
Fruit Cup
Fruit Juice

25

Sausage Breakfast Pizza, WG
Cereal
Fruit Cup
Fruit Juice

26

Cinnamon Rolls, WG
Cereal
Fruit Cup
Fruit Juice

27

Dutch Waffle, WG
Syrup—WG
Cereal
Fruit Cup
Fruit Juice

30



**1 % White or
Fat Free Flavored Milk
served with each
Breakfast.**

**Menus are subject to
change.**

**THIS INSTITUTION IS
AN EQUAL
OPPORTUNITY
PROVIDER**