

# September 2019

## OCTORARA AREA SCHOOL DISTRICT

### BREAKFAST



**School Information:** MENU SUBJECT TO CHANGE  
5-12 BREAKFAST BAR IS A VARIETY OF HOT & COLD ITEMS.



**Nutrition Tip:** September is Whole Grains Month! Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.

Reference: USDA MyPlate



### Monday

NO SCHOOL  
HAPPY LABOR DAY!!

2

### Tuesday

K-4 CEREAL  
5-12 BREAKFAST BAR  
APPLESAUCE CUPS  
JUICE VARIETY  
MILK VARIETY

3

### Wednesday

K-4 PILLSBURY SOFT  
BAKED CEREAL BAR OR  
CEREAL  
5-12 BREAKFAST BAR  
BLUEBERRIES, JUICE VARIETY  
MILK VARIETY

4

### Thursday

K-4 MINI CINNI OR  
CEREAL  
5-12 BREAKFAST BAR  
PEACH CUP  
JUICE VARIETY  
MILK VARIETY

5

### Friday

K-4 POPTARTS OR CEREAL  
5-12 BREAKFAST BAR  
DRIED FRUIT  
JUICE VARIETY  
MILK VARIETY

6

K-4 MINI PANCAKES OR  
CEREAL  
5-12 BREAKFAST BAR  
PEAR CUP  
JUICE VARIETY  
MILK VARIETY

9

K-4 WHOLE GRAIN DONUTS  
OR CEREAL  
5-12 BREAKFAST BAR  
APPLESAUCE CUP  
JUICE VARIETY  
MILK VARIETY

10

K-4 PILLSBURY SOFT BAKED  
CEREAL BAR OF CEREAL  
5-12 BREAKFAST BAR  
BLUEBERRIES  
JUICE VARIETY  
MILK VARIETY

11

K-4 MINI CINNI OR CEREAL  
5-12 BREAKFAST BAR  
PEACH CUP  
JUICE VARIETY  
MILK VARIETY

12

K-4 POPTOPS OR CEREAL  
5-12 BREAKFAST BAR  
DRIED FRUIT  
JUICE VARIETY  
MILK VARIETY

13

K-4 MINI WAFFLES OR  
CEREAL  
5-12 BREAKFAST BAR  
PEAR CUP  
JUICE VARIETY  
MILK VARIETY

16

K-4 WHOLE GRAIN DONUTS  
OR CEREAL  
5-12 BREAKFAST BAR  
APPLESAUCE CUP  
JUICE VARIETY  
MILK VARIETY

17

K-4 PILLSBURY SOFT BAKED  
CEREAL BAR OR CEREAL  
5-12 BREAKFAST BAR  
BLUEBERRIES  
JUICE VARIETY  
MILK VARIETY

18

K-4 MINI CINNI OR CEREAL  
5-12 BREAKFAST BAR  
PEACH CUP  
JUICE VARIETY  
MILK VARIETY

19

K-4 POPTARTS OR CEREAL  
5-12 BREAKFAST BAR  
DRIED FRUIT  
JUICE VARIETY  
MILK VARIETY

20

K-4 MINI PANCAKES OR  
CEREAL  
5-12 BREAKFAST BAR  
PEAR CUP  
JUICE VARIETY  
MILK VARIETY

23

K-4 WHOLE GRAIN DONUTS  
OR CEREAL  
5-12 BREAKFAST BAR  
APPLESAUCE CUP  
JUICE VARIETY  
MILK VARIETY

24

K-4 PILLSBURY SOFT BAKED  
CEREAL BAR OR CEREAL  
5-12 BREAKFAST BAR  
BLUEBERRIES  
JUICE VARIETY  
MILK VARIETY

25

K-4 MINI CINNI OR CEREAL  
5-12 BREAKFAST BAR  
PEACH CUP  
JUICE VARIETY  
MILK VARIETY

26

K-4 POPTARTS OR CEREAL  
5-12 BREAKFAST BAR  
DRIED FRUIT  
JUICE VARIETY  
MILK VARIETY

27

K-4 MINI WAFFLES OR  
CEREAL  
5-12 BREAKFAST BAR  
PEAR CUP  
JUICE VARIETY  
MILK VARIETY

30

