

This institution is an equal opportunity provider

## Monday

LABOR DAY  
NO SCHOOL

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*Served Daily:* pop tarts, cereal, cereal bars, yogurt, cheese stick, fruit, juice, and milk.

## Tuesday

Powdered Sugar  
Or Chocolate Donuts

4

## Wednesday

Cinnamon Roll

5

## Thursday

Pancakes w/ Syrup  
Sausage Links

6

## Friday

Toast w/ Jelly  
Cheesy Eggs and Ham

7

Chocolate Chip Crumb Cake

10

French Toast w/ Syrup  
Sausage Links

11

Glazed Donut

12

Mini Waffles w/ Syrup  
Bacon

13

Banana Bread Slice

14

Blueberry Or  
Chocolate Muffins

17

Powdered Sugar  
Or Chocolate Donuts

18

Cinnamon Roll

19

French Toast w/ Syrup  
Sausage Links

20

Apple Pie Overnight Oats

21

Toast w/ Jelly  
Cheesy Eggs and Ham

24

Blueberry Crumb Cake

25

Glazed Donut

26

Mini pancake wraps  
w/ Syrup

27

French Toast w/ Syrup  
Sausage Links

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Please be sure to monitor your student's meal account balance in Harmony. You may add funds online or by sending a check or cash to the school cafeteria.



Skipping breakfast can make kids feel tired, restless, or irritable. In the morning, their bodies need to refuel for the day ahead after going without food for 8 to 12 hours during sleep. Their mood and energy can drop by midmorning if they don't eat at least a small morning meal.