

PREFERRED MEALS

September BREAKFAST

EARLY COLLEGE @ DSU Breakfast K-12

Monday	Tuesday	Wednesday	Thursday	Friday
August 28, 2017	August 29, 2017	August 30, 2017	August 31, 2017	September 1, 2017
				APPLE JACKS REDUCED SUGAR Graham Crackers Fresh Pear Mixed Fruit Cup Milk Choice-1% Fat Free
September 4, 2017	September 5, 2017	September 6, 2017	September 7, 2017	September 8, 2017
LABOR DAY	FROOT LOOPS REDUCED SUGAR Vanilla Waffle Square Craisins Grape Juice Milk Choice-1% Fat Free	FROSTED FLAKES (LOW SUGAR) Strawberry Pancake Square Fresh Apple Milk Choice-1% Fat Free	COCOA PUFFS Animal Grahams Fresh Banana Orange Juice Milk Choice-1% Fat Free	VANILLA YOGURT Blueberry Muffin Fresh Apple Milk Choice-1% Fat Free
September 11, 2017	September 12, 2017	September 13, 2017	September 14, 2017	September 15, 2017
CINNAMON TOAST CRUNCH Graham Crackers Craisins Diced Pears Milk Choice-1% Fat Free	GOLDEN GRAHAM CEREAL Strawberry Pancake Square Pineapple Tidbits Grape Juice Milk Choice-1% Fat Free	STRING CHEESE Peach Mini Loaf Fresh Apple Milk Choice-1% Fat Free	STRAWBERRY YOGURT Cherry Breakfast Bar Fresh Orange Blended Fruit Juice Milk Choice-1% Fat Free	MINI WHEATS LITTLE BITES French Toast Breakfast Bar Fresh Apple Milk Choice-1% Fat Free
September 18, 2017	September 19, 2017	September 20, 2017	September 21, 2017	September 22, 2017
RICE KRISPIES Strawberry Pancake Square Craisins Pineapple Tidbits Milk Choice-1% Fat Free	*Make Your Own Parfait* VANILLA YOGURT Granola Mixed Fruit Cup Orange Juice Milk Choice-1% Fat Free	COCOA PUFFS French Toast Breakfast Bar Fresh Apple Milk Choice-1% Fat Free	STRING CHEESE Banana Muffin Fresh Banana Diced Pears Milk Choice-1% Fat Free	APPLE JACKS REDUCED SUGAR Vanilla Waffle Square Fresh Apple Milk Choice-1% Fat Free
September 25, 2017	September 26, 2017	September 27, 2017	September 28, 2017	September 29, 2017
Make Your Own Parfait STRAWBERRY YOGURT Granola Craisins Cinnamon Applesauce Milk Choice-1% Fat Free	MINI WHEATS LITTLE BITES Animal Grahams Diced Pears Blended Fruit Juice Milk Choice-1% Fat Free	GOLDEN GRAHAM CEREAL Cherry Breakfast Bar Fresh Apple Milk Choice-1% Fat Free	APPLE JACKS REDUCED SUGAR Graham Crackers Fresh Orange Mixed Fruit Cup Milk Choice-1% Fat Free	STRING CHEESE Blueberry Muffin Fresh Apple Milk Choice-1% Fat Free

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK. ** MENU SUBJECT TO CHANGE **

^ Denotes item is whole-grain/whole wheat

*** This institution is an equal opportunity provider.

