

September 2017 Universal Breakfast

Breakfast Meal Pattern

Choice of Grain/Meat, Fruit, Milk

Milk Choices of 1%-14 or Fat Free Chocolate-20 are offered daily

Juice-14 is offered daily

N.C. Farm to School

The N.C. Farm to School Program celebrates its 20th anniversary this school year. As part of the program created by the N.C. Department of Agriculture & Consumer Services, school districts can purchase foods grown on North Carolina farms to serve through school meals. Our state is the only one in the U.S. with this model.

September

- Fruit & Veggies—More Matters™ Month
- National Childhood Obesity Awareness



five two one almost none

This institution is an equal opportunity provider. Menu subject to change.

				Friday, September 1
Numbers listed to the right of each item are carbohydrates in grams. *Notes items that are whole grain or contain whole grain.				*Super Donut -40 *PBJ Graham-32 Strawberry Yogurt-16 Vanilla Yogurt -16 String Cheese-1 with Graham Crackers -17 Chocolate Chip Oat Bar-46 Applesauce -14
Monday, September 4	Tuesday, September 5	Wednesday, September 6	Thursday, September 7	Friday, September 8
HOLIDAY	*Cinni Minis-40 *PBJ Graham-32 Strawberry Yogurt-16 Vanilla Yogurt -16 String Cheese-1 with Graham Crackers -17 Chocolate Chip Oat Bar-46 Applesauce -14	*Pancakes-41 *Strawberry Poptart-37 Strawberry Yogurt-16 Vanilla Yogurt -16 String Cheese-1 with Graham Crackers -17 Chocolate Chip Oat Bar-46 Fresh Apple Slices-8	Sausage Biscuit -22 *PBJ Graham-32 Strawberry Yogurt-16 Vanilla Yogurt -16 String Cheese-1 with Graham Crackers -17 Chocolate Chip Oat Bar-46 Applesauce -14	*Frudel-36 *Strawberry Poptart-37 Strawberry Yogurt-16 Vanilla Yogurt -16 String Cheese-1 with Graham Crackers -17 Chocolate Chip Oat Bar-46 Applesauce -14
Monday, September 11	Tuesday, September 12	Wednesday, September 13	Thursday, September 14	Friday, September 15
*French Toast -29 *PB & J Graham-32 Strawberry Yogurt-16 Vanilla Yogurt -16 String Cheese-1 with Graham Crackers -17 Chocolate Chip Oat Bar-46 Fresh Apple Slices-8	*Chicken Biscuit -29 *Strawberry Poptart-37 Strawberry Yogurt-16 Vanilla Yogurt -16 String Cheese-1 with Graham Crackers -17 Chocolate Chip Oat Bar-46 Applesauce -14	*Cinni Minis-40 *PBJ Graham-32 Strawberry Yogurt-16 Vanilla Yogurt -16 String Cheese-1 with Graham Crackers -17 Chocolate Chip Oat Bar-46 Applesauce -14	*Pancakes-41 *Strawberry Poptart-37 Strawberry Yogurt-16 Vanilla Yogurt -16 String Cheese-1 with Graham Crackers -17 Chocolate Chip Oat Bar-46 Fresh Apple Slices-8	*Super Donut-40 *PBJ Graham-32 Strawberry Yogurt-16 Vanilla Yogurt -16 String Cheese-1 with Graham Crackers -17 Chocolate Chip Oat Bar-46 Applesauce -14
Monday, September 18	Tuesday, September 19	Wednesday, September 20	Thursday, September 21	Friday, September 22
*Pancakes- 41 *Strawberry Poptart-37 Strawberry Yogurt-16 Vanilla Yogurt -16 String Cheese-1 with Graham Crackers -17 Chocolate Chip Oat Bar-46 Fresh Apple Slices-8	Sausage Biscuit -22 *PBJ Graham-32 Strawberry Yogurt-16 Vanilla Yogurt -16 String Cheese-1 with Graham Crackers -17 Chocolate Chip Oat Bar-46 Applesauce -14	*French Toast -29 *Strawberry Poptart-37 Strawberry Yogurt-16 Vanilla Yogurt -16 String Cheese-1 with Graham Crackers -17 Chocolate Chip Oat Bar-46 Fresh Apple Slices-8	*Cinni Minis-40 *PBJ Graham-32 Strawberry Yogurt-16 Vanilla Yogurt -16 String Cheese-1 with Graham Crackers -17 Chocolate Chip Oat Bar-46 Applesauce -14	Frudel-36 *Strawberry Poptart-37 Strawberry Yogurt-16 Vanilla Yogurt -16 String Cheese-1 with Graham Crackers -17 Chocolate Chip Oat Bar-46 Applesauce -14
Monday, September 25	Tuesday, September 26	Wednesday, September 27	Thursday, September 28	Friday, September 29
*Chicken Biscuit -29 *PBJ Graham-32 Strawberry Yogurt-16 Vanilla Yogurt -16 String Cheese-1 with Graham Crackers -17 Chocolate Chip Oat Bar-46 Applesauce -14	*Pancakes-41 *Strawberry Poptart-37 Strawberry Yogurt-16 Vanilla Yogurt -16 String Cheese-1 with Graham Crackers -17 Chocolate Chip Oat Bar-46 Fresh Apple Slices-8	Sausage Biscuit -22 *PBJ Graham-32 Strawberry Yogurt-16 Vanilla Yogurt -16 String Cheese-1 with Graham Crackers -17 Chocolate Chip Oat Bar-46 Applesauce -14	*French Toast -29 *Strawberry Poptart-37 Strawberry Yogurt-16 Vanilla Yogurt -16 String Cheese-1 with Graham Crackers -17 Chocolate Chip Oat Bar-46 Fresh Apple Slices-8	*Super Donut-40 *PBJ Graham-32 Strawberry Yogurt-16 Vanilla Yogurt -16 String Cheese-1 with Graham Crackers -17 Chocolate Chip Oat Bar-46 Applesauce -14