

# September 2020

## Vineland School District



**Menu Subject to change without a notice.**

\* This institution is an equal opportunity provider



**Nutrition Tip:** September is Whole Grains Month! your grains whole grains. Look for the words "100% whole wheat" on the food label. Whole grains provide fiber, than refined grains.

### Monday



NO SCHOOL **7**

Banana Bread **14**  
Pear Cup  
Apple Juice  
1% Low Fat Milk

Blueberry Muffin **21**  
Apple Crisp  
Cranberry Juice  
1% Low Fat Milk

Cinnamon Toast **28**  
Cereal  
Apple sauce  
Apple Juice

### Tuesday

Chocolate Chip Pancake **1**  
String Cheese  
Banana  
1% Low Fat Milk

Strawberry Splash Pancakes  
Peach Cup  
1% Low Fat Milk

Pancake on a stick  
Strawberry Cup  
1% Low Fat Milk

Sunrise Sandwich  
Banana  
1% Low Fat Milk

French toast **29**  
Pear Cup  
1% Low Fat Milk

### Wednesday

Concha Pan Dulce **2**  
Red Apple  
Apple Juice  
1% Low Fat Milk

Breakfast Pizza Bagel  
Green Apple  
Cranberry/Raspberry Juice  
1% Low Fat Milk

Cocoa Puff Bar  
Apricot Cup  
Apple Juice  
1% Low Fat Milk

Chocolate Chip Muffin  
Apple  
Apple Juice  
1% Low Fat Milk

Strawberry PB & J **30**  
Peach  
Apple Juice  
1% Low Fat Milk

### Thursday

Three Egg Bites  
Orange  
1% Low Fat Milk

Cinnamon Crumb Cake  
Peach  
1% Low Fat Milk

Sausage Biscuit  
Apple Sauce  
1% Low Fat Milk

Breakfast Burrito  
Orange  
1% Low Fat Milk



# BREAKFAST

Aim to make at least half  
"whole grain" or "100%  
de more nutrients, like



## Friday

3

Egg & Cheese Tac-Go  
Fruit Splash Rasels  
Orange Tangering Juice  
1% Low Fat Milk

4

10

Cinnamon Toast Crunch  
Pear Cup  
Apple Juice  
1% Low Fat Milk

17

Yogurt  
Granola  
Grapes  
Orange Tangerine Juice  
1% Low Fat Milk

24

Mini Cluster  
Green Apple  
Orange Tangerine Juice  
1% Low Fat Milk

