






FINLEY, PINE AND MIDDLE SCHOOLS SEPTEMBER BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
 Labor Day	6 Choice of Cereal WG Crackers Sunshine Bananas	7 Uncrustables Tropical Fruit Cup	8 Breakfast Muffins Apple Smiles	10 Choice of Cereal Graham Crackers
12 Chorizo and egg/Potato Burrito Apple Sauce	13 Choice of Cereal Graham Crackers Apple Sauce	14 Breakfast benefit Bars Peach Cup	15 Fruit Yogurt and Granola Apple Smiles	16 Choice of Cereal Graham Crackers Raisins
19 French Toast Sticks Apple Sauce	20 Choice of Cereal WG Graham Crackers Rocking Raisins	21 Mini Cinis Juicy Plump Peaches	22 Breakfast Muffins Sunshine Bananas	23 Choice of Cereal Graham Crackers Raisins
26 Breakfast Quesadilla Juice/Apple Smiles/Milk	27 Choice of Cereal WG Graham Crackers Juice/Craisins/Milk	28 Breakfast benefit Bars Peach Cup	29 Fruit Yogurt and Crisps Juice/Sunshine Bananas Milk	30 Choice of Cereal Graham Crackers Raisins
<p>All of our Breakfast items are WG Rich "This institution is an equal opportunity provider"</p>		<div style="border: 1px solid black; padding: 5px; background-color: #f0e68c;"> <p>Make sure your child's breakfast includes 3 of the food groups.</p> </div>	<div style="border: 1px solid black; padding: 5px; background-color: #f0e68c;"> <p>Be sure your family fuels up with a healthy breakfast everyday.</p> </div>	<p>Milk and fruit offered daily " Menu Subject to Change due to product availability"</p>

A healthy heart starts with a healthy breakfast.

Steps to Success

Breakfast is free for all students every day

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September is Whole Grains Month

AN OLDWAYS PROGRAM

 - Look for the whole grain stamp on the front of packaged food items.
 - Try a new breakfast cereal with at least 16 grams of whole grain per serving.
 - Serve whole wheat pasta instead of white pasta
 - Serve brown rice instead of white rice.
 - Swap potatoes for a whole grain side - quinoa, bulgur, or wheat berries. For more information and WG recipes go to: <https://wholegrainscouncil.org/whole-grains-101/whole-grains-z>

Give your child a healthy start!

Mornings can be rushed, but it is important to make time for breakfast.

Children can benefit from the School Breakfast Program! Studies show that school breakfast can improve test scores, make kids more alert in class, and improve classroom behavior. Make sure your kids start the school day with a healthy meal. Come and join us for a nutritious breakfast every day.

