






FINLEY, PINE AND MIDDLE SCHOOLS SEPTEMBER BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
 Labor Day	3 Banana Breakfast Bars Warm Mini Cinis Cereal/ Peaches	4 Donitas Choice of Cereal Apple Slices	5 Uncrustables Choice of Cereal Sunshine Banans	6 Breakfast Croissant Warm Mini Cinis Choice of Cereal
9 Mini Bagels with Cream Cheese Choice of Cereal Bananas/Juice	10 Mini Pancakes with Egg Apple Slices/Strawberries Choice of Cereal	11 D' Stella Organic Chocolate Muffins Choice of Cereal Mandarins	12 Yogurt and Vanilla Giant Fish Craker Sunshine Bananas	13 French Toast Sticks and Egg Choice of Cereal Raisins/Craisins
16 Banana Breakfast Bars Choice of Cereal Sunshine Bananas	17 Mini Waffle Sandwich Choice of Cereal Apple Slices	18 Donitas Choice of Cereal Apple Slices	19 Peanut Butter and Jelly Choice of Cereal Bananas	20 Papas con chorizo and Beans Choice of Cereal Graham Crackers
23 Warm Mini Cinis Juice/Apple Smiles/Milk	24 Choice of Cereal or Nature Valley Granola WG Graham Crackers Juice/Craisins/Milk	25 D'Stella Organic Conchitas Peach Cup	26 Egg and Cheese Biscuits Crakers Juice/Apple Smiles Milk	27 Pancake Turkey Wraps Choice of Cereal Graham Crackers Raisins
All of our Breakfast items are WG Rich "This institution is an equal opportunity provider"	 A healthy heart starts with a healthy breakfast.	Make sure your child's breakfast includes 3 of the food groups.	Be sure your family fuels up with a healthy breakfast everyday.	Milk and fruit and 100% Juice is offered daily " Menu Subject to Change due to product availability"

Steps to Success

Breakfast is free for all students every day

WHOLE GRAINS COUNCIL  **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.