


BREAKFAST

SEPTEMBER 2022

ASHFORD SCHOOL



Monday

Tuesday

Wednesday

Thursday

Friday

*LABOR DAY
NO SCHOOL TODAY*

5

Honey nut cheerios cereal
Snacks
100% assorted juices
Variety of fruit
Choice of milks

6

Toasty bagel
Hard-boiled eggs
100% assorted juices
Variety of fruits
Choice of milks

7

Froot loops cereal
Goldfish crackers
100% fruit juice
Assorted fresh fruits
Choice of milks

8

Warm cinnamon roll
Hard-boiled eggs
100% assorted juices
Variety of fruits
Choice of milks

9

Cocoa puffs cereal
Snacks
100% fruit juice
Assorted fresh fruits
Choice of milks

12

Buttery maple waffle
Hard-boiled eggs
100% fruit juice
Variety of fruits
Choice of milks

13

Trix cereal
Chilled string cheese
100% assorted fruit juice
Variety of fruits
Choice of milks

14

Cinnamon chex cereal
100% fruit juice
Fresh fruits
Choice of milks

15

Warm fruity muffin
Hard-boiled eggs
100% fruit juice
Variety of fruits
Choice of milks

16

Cinnamon toast cereal
Snacks
100% fruit juice
Assorted fruits
Choice of milks

19

Toasty bagel
Hard-boiled eggs
100% fruit juices
Orange smiles
Choice of milks

20

Warm egg & cheese croissant
Assorted fruits
100% fruit juice
Choice of milks

21

Warm Jumbo muffin
Assorted fresh fruits
100% fruit juice
Choice of milks

22

Cocoa puffs cereal
Snacks
100% fruit juice
Assorted fruits
Choice of milks

23

Cinnamon toast cereal
Snacks
100% fruit juice
Assorted fruits
Choice of milks

26

Warm fruity muffin
Chilled string cheese stick
100% fruit juice
Assorted fresh fruits
Choice of milks

27

Lucky charms cereal
Snacks
100% fruit juice
Choice of milks

28

Warm cinnamon roll
Hard-boiled eggs
100% fruit juice
Choice of milks

29

Fruity fun yogurt
w/chocolate bear grahams
Assorted fruits
Choice of milks

30

Daily milk choices: Fat-free milk-low-fat milk, or fat-free chocolate milk

Included with Breakfast: Assorted Fruit, Carrots, Milk 100% juice

Daily Offerings : Reduced sugar whole grain cereals. Whole grain: Grahams, Muffins, Bagel or Cinnamon roll



PAY FOR MEALS ONLINE

[MySchoolBucks.com](https://www.myschoolbucks.com)

