

# September Breakfast

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	<b>1</b> Cereal, Fruit, Juice	<b>2</b> Eggs, cheesy grits, bacon, juice/milk	<b>3</b> English muffins with cheese, bacon, grapes, juice/milk	<b>4</b> Sausage and scrambled eggs, juice/milk	<b>5</b> Frittata, toast, fruit, juice/milk	<b>6</b>
<b>7</b>	<b>8</b> Bagels with flavored cream cheese, juice/milk	<b>9</b> Blueberry pancakes, juice/milk	<b>10</b> Oatmeal with cinnamon and raisins, juice/milk	<b>11</b> Cheesy eggs and toast, juice/milk	<b>12</b> Ham and cheese croissants, juice/milk	<b>13</b>
<b>14</b>	<b>15</b> Honey nut cheerios w/milk and bananas, juice/milk	<b>16</b> Cheese grits and bacon, juice/milk	<b>17</b> Apple cinnamon oatmeal, fruit, juice/milk	<b>18</b> Omelets with cheddar, green pepper, onion, tomato, juice/milk	<b>19</b> English muffins, yogurt, juice/milk	<b>20</b>
<b>21</b>	<b>22</b> Steel cut oats w/honey, turkey bacon, fruit, juice/milk	<b>23</b> Breakfast burritos, juice/milk	<b>24</b> Waffles and fruit, juice/milk	<b>25</b> Biscuits and gravy, juice/milk	<b>26</b> French toast, fruit, juice/milk	<b>27</b>
<b>28</b>	<b>29</b> Bacon, egg, and cheese sandwich, juice/milk	<b>30</b> Southwest eggs, toast, juice/milk	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>