


# SEPTEMBER | 2023

## High School



| MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY   |
|---|--|---|---|--|
| 28  | 29 Warm Donut<br>100% Juice<br>Fresh Fruit<br>Choice of Milk | 30 Breakfast Pizza<br>100% Juice<br>Fresh Fruit<br>Choice of Milk | 31 Yogurt Parfit<br>100% Juice<br>Fresh Fruit<br>Choice of Milk | 1 No School  |
|  | 5 Warm Donut<br>100% Juice<br>Fresh Fruit<br>Choice of Milk  | 6 Breakfast Pizza<br>100% Juice<br>Fresh Fruit<br>Choice of Milk  | 7 Yogurt Parfit<br>100% Juice<br>Fresh Fruit<br>Choice of Milk  | 8 Breakfast Sandwich<br>100% Juice<br>Fresh Fruit<br>Choice of Milk  |
| 11 Warm Muffin<br>100% Juice<br>Fresh Fruit<br>Choice of Milk                     | 12 Warm Donut<br>100% Juice<br>Fresh Fruit<br>Choice of Milk | 13 Breakfast Pizza<br>100% Juice<br>Fresh Fruit<br>Choice of Milk | 14 Yogurt Parfit<br>100% Juice<br>Fresh Fruit<br>Choice of Milk | 15 Breakfast Sandwich<br>100% Juice<br>Fresh Fruit<br>Choice of Milk |
| 18 Warm Muffin<br>100% Juice<br>Fresh Fruit<br>Choice of Milk                     | 19 Warm Donut<br>100% Juice<br>Fresh Fruit<br>Choice of Milk | 20 Breakfast Pizza<br>100% Juice<br>Fresh Fruit<br>Choice of Milk | 21 Yogurt Parfit<br>100% Juice<br>Fresh Fruit<br>Choice of Milk | 22 Breakfast Sandwich<br>100% Juice<br>Fresh Fruit<br>Choice of Milk |
| 25 Warm Muffin<br>100% Juice<br>Fresh Fruit<br>Choice of Milk                     | 26 Warm Donut<br>100% Juice<br>Fresh Fruit<br>Choice of Milk | 27 Breakfast Pizza<br>100% Juice<br>Fresh Fruit<br>Choice of Milk | 28 Yogurt Parfit<br>100% Juice<br>Fresh Fruit<br>Choice of Milk | 29 Breakfast Sandwich<br>100% Juice<br>Fresh Fruit<br>Choice of Milk |

### News

#### Welcome Back

#### Milk Choices-

- 1% White
- 1% Chocolate

#### Fruit Choices-

- Apple
- Apple Slices
- Clementine
- Strawberries
- Blueberries
- Watermelon
- Cantaloupe
- Pear
- Mixed fruit Cup



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