

# September 2020 Roland-Story Elementary School

## BREAKFAST



This institution is an equal opportunity provider.



**Nutrition Tip:** September is Whole Grains Month! Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



### Monday

**Milk offered daily:**  
White, Chocolate, and Strawberry Skim Milk  
White 1% Milk

### Tuesday

Mini Bagel w/Strawberry  
Cream Cheese  
Blueberries  
Milk **1**

### Wednesday

Breakfast Pizza  
Grapes  
Milk **2**

### Thursday

Sausage Pancake Stick  
Orange Slices  
Milk **3**

### Friday

Cold Cereal  
Poptart  
Strawberries  
Milk **4**

**Labor Day **7****  
**NO SCHOOL**

Breakfast Burrito  
Apple/Banana/Orange  
Milk **8**

Breakfast Pizza  
Grapes  
Milk **9**

Sausage Pancake Stick  
Orange Slices  
Milk **10**

Cold Cereal  
Graham Crackers  
Strawberries  
Milk **11**

Ham Breakfast Bar  
Graham Crackers  
Apple/Banana/Orange  
Milk **14**

Turkey Bacon, Egg, and  
Cheese Biscuit  
Apple/Banana/Orange  
Milk **15**

Breakfast Pizza  
Grapes  
Milk  
our text here **16**

Sausage Pancake Stick  
Orange Slices  
Milk **17**

Cold Cereal  
Muffin  
Strawberries  
Milk **18**

Ham Breakfast Bar  
Graham Crackers  
Apple/Banana/Orange  
Milk **21**

French Toast Sticks  
Sausage Links  
Apple/Banana/Orange  
Milk **22**

Breakfast Pizza  
Grapes  
Milk **23**

Sausage Pancake Stick  
Orange Slices  
Milk **24**

Cold Cereal  
Poptart  
Strawberries  
Milk **25**

Ham Breakfast Bar  
Graham Crackers  
Apple/Banana/Orange  
Milk **28**

Mini Cinnamon Rolls  
Apple/Banana/Orange  
Milk **29**

Breakfast Pizza  
Grapes  
Milk **30**

