



September 2021  
 Mid-Atlantic Regional Breakfast Menu

**GENUINE** GOOD FOOD DOES GOOD

BREAKFAST				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30	31	1 <b>Blueberry Bread/Muffin</b> 4 oz serving Assorted Fruit Skim/1% Milk	2 <b>Whole Grain Cereal</b> Whole Grain Grahams Assorted Fruit Skim/1% Milk	3 <b>Whole Grain Bagel</b> Ccream Cheese Assorted Fruit Skim/1% Milk
6 <b>HOLIDAY</b>	7 <b>Whole Grain Waffles</b> Syrup Assorted Fruit Skim/1% Milk	8 <b>Whole Grain French Toast Sticks</b>  Assorted Fruit Skim/1% Milk	9 <b>Whole Grain Grahams</b> String Cheese Assorted Fruit Skim/1% Milk	10 <b>Whole Grain Cereal</b> Whole Grain Grahams Assorted Fruit Skim/1% Milk
13 <b>Sausage Biscuit</b>  Assorted Fruit Skim/1% Milk	14 <b>Harvest of the Month: Apple Crisp</b>  with Local Apples 100% Fruit Juice Skim/1% Milk	15 <b>Blueberry Bread/Muffin</b> 4 oz serving Assorted Fruit Skim/1% Milk	16 <b>Whole Grain Cereal</b> Whole Grain Grahams Assorted Fruit Skim/1% Milk	17 <b>Whole Grain Bagel</b> Ccream Cheese Assorted Fruit Skim/1% Milk
20 <b>Egg &amp; Cheese Sandwich</b>  Assorted Fruit Skim/1% Milk	21 <b>Whole Grain Waffles</b> Syrup Assorted Fruit Skim/1% Milk	22 <b>Whole Grain French Toast Sticks</b>  Assorted Fruit Skim/1% Milk	23 <b>Whole Grain Grahams</b> String Cheese Assorted Fruit Skim/1% Milk	24 <b>Whole Grain Cereal</b> Whole Grain Grahams Assorted Fruit Skim/1% Milk
27 <b>Sausage Biscuit</b>  Assorted Fruit Skim/1% Milk	28 <b>Harvest of the Month: Apple Crisp</b>  with Local Apples 100% Fruit Juice Skim/1% Milk	29 <b>Blueberry Bread/Muffin</b> 4 oz serving Assorted Fruit Skim/1% Milk	30 <b>Whole Grain Cereal</b> Whole Grain Grahams Assorted Fruit Skim/1% Milk	1

 Ingredients Sourced from a Local Farm

This institution is an equal opportunity provider.

NOTE: Menu subject to change