

September 2024 Breakfast

Grades PreK-8



Monday, September 2, 2024		Tuesday, September 3, 2024		Wednesday, September 4, 2024		Thursday, September 5, 2024		Friday, September 6, 2024		
Breakfast	No School		Frosted Flakes Big Cereal Bowl		Trix Big Muffin		Pancake Puffs Pack		Vanilla Boli	
			100% 4.23 oz Fruit Juice (1 item)		100% 4.23 oz Fruit Juice (1 item)		100% 4.23 oz Fruit Juice (1 item)		100% 4.23 oz Fruit Juice (1 item)	
			Choice Milk & Second Fruit (1 item each)		Choice Milk & Second Fruit (1 item each)		Choice Milk & Second Fruit (1 item each)		Choice Milk & Second Fruit (1 item each)	
Entrée of the Day is 2 Whole Grain Items Equivalent. Chef's Choice, equivalent to 2 Items, may be offered in place of the Entrée of the Day.										

Monday, September 9, 2024		Tuesday, September 10, 2024		Wednesday, September 11, 2024		Thursday, September 12, 2024		Friday, September 13, 2024		
Breakfast	Cinnamon Chex Big Cereal Bowl		Chocolate Swirl		French Toast Breakfast Bread		Cake Glazed Donut		WG Large Muffin	
	100% 4.23 oz Fruit Juice (1 item)		100% 4.23 oz Fruit Juice (1 item)		100% 4.23 oz Fruit Juice (1 item)		100% 4.23 oz Fruit Juice (1 item)		100% 4.23 oz Fruit Juice (1 item)	
	Choice Milk & Second Fruit (1 item each)		Choice Milk & Second Fruit (1 item each)		Choice Milk & Second Fruit (1 item each)		Choice Milk & Second Fruit (1 item each)		Choice Milk & Second Fruit (1 item each)	
Entrée of the Day is 2 Whole Grain Items Equivalent. Chef's Choice, equivalent to 2 Items, may be offered in place of the Entrée of the Day.										

Monday, September 16, 2024		Tuesday, September 17, 2024		Wednesday, September 18, 2024		Thursday, September 19, 2024		Friday, September 20, 2024		
Breakfast	WG Brekkie		Honey Cheerios Big Cereal Bowl		Banana Loaf		Choco Crisp Belgian Waffle		Cinnamon Toast Crunch Muffin	
	100% 4.23 oz Fruit Juice (1 item)		100% 4.23 oz Fruit Juice (1 item)		100% 4.23 oz Fruit Juice (1 item)		100% 4.23 oz Fruit Juice (1 item)		100% 4.23 oz Fruit Juice (1 item)	
	Choice Milk & Second Fruit (1 item each)		Choice Milk & Second Fruit (1 item each)		Choice Milk & Second Fruit (1 item each)		Choice Milk & Second Fruit (1 item each)		Choice Milk & Second Fruit (1 item each)	
Entrée of the Day is 2 Whole Grain Items Equivalent. Chef's Choice, equivalent to 2 Items, may be offered in place of the Entrée of the Day.										

Monday, September 23, 2024		Tuesday, September 24, 2024		Wednesday, September 25, 2024		Thursday, September 26, 2024		Friday, September 27, 2024		
Breakfast	Trix Big Cereal Bowl		Confetti Pancake Bites		Banana Chocolate Chip Muffin		Caramel Mini Cinnis		Blueberry Snack'n Waffle	
	100% 4.23 oz Fruit Juice (1 item)		100% 4.23 oz Fruit Juice (1 item)		100% 4.23 oz Fruit Juice (1 item)		100% 4.23 oz Fruit Juice (1 item)		100% 4.23 oz Fruit Juice (1 item)	
	Choice Milk & Second Fruit (1 item each)		Choice Milk & Second Fruit (1 item each)		Choice Milk & Second Fruit (1 item each)		Choice Milk & Second Fruit (1 item each)		Choice Milk & Second Fruit (1 item each)	
Entrée of the Day is 2 Whole Grain Items Equivalent. Chef's Choice, equivalent to 2 Items, may be offered in place of the Entrée of the Day.										

Monday, September 30, 2024		CKC Good Food Dictionary									
Breakfast	Cocoa Puffs Big Cereal Bowl		When we say 'House-made', it is truly made 'In-House' from scratch								
	100% 4.23 oz Fruit Juice (1 item)		Our house-made sauces are examples of our chefs' creativity. Our ranch dressing, creamy Italian dip & boom, yowza and tzatziki sauces are not prepackaged products available to any food service program. They are all our own recipes, developed from a proprietary combination of bases and herbs, to complement the entrees and vegetables with which they are served. Each recipe is tailored to enhance the foods with which they are served.								
	Choice Milk & Second Fruit (1 item each)		<ul style="list-style-type: none"> • Ranch: We have multiple varieties of the dressing we call, "ranch," each with a slightly different herby profile of the well-known staple. • Italian Dip: When marinara sauce isn't quite enough, we have our creamy Italian dip to serve alongside our twisted cheesy bread items. <ul style="list-style-type: none"> • Boom Sauce: A little spicy and citrusy, our boom sauce is a much-loved accompaniment to our Mexican meals. • Yowza Sauce: Yowza, as in "wowza, this is good!", adds a little kick to our spicy Southwestern meals. • Tzatziki Sauce: This yogurt sauce draws out the flavors in entrees like our Greek bowl. 								
Entrée is 2 Whole Grain Items Equivalent. Chef's Choice, equivalent to 2 Items, may be offered in place of the Entrée.											

*** **Three items meet USDA Requirements (One item must be fruit)** ***

Skim & 1% milk served daily.

All bread /bread products /chips /tortillas /pastas listed in the menu are whole grain products.

The menus are 100% pork-free.

All rice dishes /rice products are made of whole grain brown rice.

OCTOBER 2024 Menu (Subject to Change)						
Breakfast	Tuesday, October 1, 2024	Wednesday, October 2, 2024	Thursday, October 3, 2024	Friday, October 4, 2024	Week VI	
	Glazed Honey Breakfast Bun	Eggo Froot Loop Waffle	Lemon Poppyseed Breakfast Bread	Stuffed Cream Cheese Mini Bagels		
	100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)	100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)	100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)	100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)		
<i>Entrée of the Day is 2 Whole Grain Items Equivalent. Chef's Choice, equivalent to 2 Items, may be offered in place of the Entrée of the Day.</i>						
Breakfast	Monday, October 7, 2024	Tuesday, October 8, 2024	Wednesday, October 9, 2024	Thursday, October 10, 2024	Friday, October 11, 2024	Week I
	Cinnamon Toast Crunch Big Cereal Bowl <i>(Low Sugar)</i>	Banana Chocolate Chip Oatmeal Round	Orange Dream Muffin	Mini Cinnis	Chocolate Cake Donut	
	100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)	100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)	100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)	100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)	100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)	
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