

# September 2019

## Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NO School	2 Cereal Toast M.Fruit Juice milk	3 Pancakes m.oranges Juice milk	4 Yogurt Toast Fruit Juice milk	5 Oatmeal Toast Pineapple Juice milk
French Toast Sausage Apple sauce Juice milk	9 Cereal Toast Peaches Juice milk	10 muffins Cheese Pineapple Juice milk	12 Boiled eggs Toast Pears Juice milk	13 Breakfast stick M.Fruit Juice milk
waffles oranges Juice milk	16 Cereal Toast M.Fruit Juice milk	17 Boiled eggs Toast Peaches Juice milk	19 Yogurt Toast Apples Juice milk	20 Oatmeal Toast Pears Juice milk
Pancakes m.Fruit Juice milk	23 Cereal Toast oranges Juice milk	24 Cheese omel. Toast pears Juice milk	26 Cereal Toast m.Fruit Juice milk	27 Banana Bread Cheese Oranges Juice milk
French Toast Sausage Apple sauce Juice milk	30			