

PREFERRED MEALS

September BREAKFAST

SAMUELI CHARTER SCHOOL

Monday	Tuesday	Wednesday	Thursday	Friday
August 28, 2017	August 29, 2017	August 30, 2017	August 31, 2017	September 1, 2017
				APPLE JACKS REDUCED SUGAR Graham Crackers Fresh Fruit Diced Pears Choice of Milk
September 4, 2017	September 5, 2017	September 6, 2017	September 7, 2017	September 8, 2017
LABOR DAY	FROOT LOOPS REDUCED SUGAR Vanilla Waffle Square Craisins Orange Juice Choice of Milk	String Cheese Strawberry Pancake Square Diced Peaches Apple Cherry Juice Choice of Milk	MAPLE PANCAKES Fresh Fruit Orange Juice Choice of Milk	FROSTED FLAKES (LOW SUGAR) Animal Grahams Fresh Fruit Blended Fruit Juice Choice of Milk
September 11, 2017	September 12, 2017	September 13, 2017	September 14, 2017	September 15, 2017
CINNAMON TOAST CRUNCH Graham Crackers Craisins Diced Pears Choice of Milk	CHICKEN BISCUIT Pineapple Tidbits Apple Juice Honey Choice of Milk	VANILLA YOGURT Banana Muffin Cinnamon Applesauce Orange Juice Choice of Milk	WAFFLES Fresh Fruit Blended Fruit Juice Syrup Choice of Milk	MINI WHEATS LITTLE BITES French Toast Breakfast Bar Mixed Fruit Cup Apple Cherry Juice Choice of Milk
September 18, 2017	September 19, 2017	September 20, 2017	September 21, 2017	September 22, 2017
RICE KRISPIES Strawberry Pancake Square Craisins Pineapple Tidbits Choice of Milk	TURKEY HAM & CHEESE ON ENGLISH MUFFIN Mixed Fruit Cup Orange Juice Choice of Milk	String Cheese Peach Mini Loaf Diced Peaches Blended Fruit Juice Choice of Milk	FRENCH TOAST STICKS Fresh Fruit Diced Pears Syrup Choice of Milk	APPLE JACKS REDUCED SUGAR Vanilla Waffle Square Strawberry Applesauce Orange Pineapple Juice Choice of Milk
September 25, 2017	September 26, 2017	September 27, 2017	September 28, 2017	September 29, 2017
Make Your Own Parfait STRAWBERRY YOGURT Granola Craisins Diced Peaches Choice of Milk	WHOLE GRAIN PANCAKES Cinnamon Applesauce Blended Fruit Juice Syrup Choice of Milk	GOLDEN GRAHAM CEREAL Cherry Breakfast Bar Applesauce Cup Orange Juice Choice of Milk	CHICKEN BISCUIT Fresh Fruit Mixed Fruit Cup Honey Choice of Milk	COCOA PUFFS Graham Crackers Diced Peaches Apple Juice Choice of Milk

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK. ** MENU SUBJECT TO CHANGE **

^ Denotes item is whole-grain/whole wheat

*** This institution is an equal opportunity provider.

