




Nativity of Mary School

September 2021 PK-8 Breakfast Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>All Breakfasts are offered at no cost.</p> <p>A reimbursable meal consists of a fruit/juice and two other items.</p> <p>Students may take up to 1 cup of fruit: Fresh, prepared or juice.</p>	1	2	3	<p>Labor Day Weekend</p> 
<p>6</p>  <p>HAPPY LABOR DAY</p>	<p>7</p> 	<p>8</p> <p>Oatmeal Chocolate Chip Benefit Bar</p> <p>Mixed Fruit Grape Juice Milk</p>	<p>9</p> <p>Apple or Cherry Frudel</p> <p>Diced Peaches Apple Juice Milk</p>	<p>10</p> <p>Blueberry Pancake Bites</p> <p>Fresh Apple Grape Juice Milk</p>
<p>13</p> <p>Banana Muffin Goldfish Grahams</p> <p>Mixed Fruit Apple Juice Milk</p>	<p>14</p> <p>Fruity Cheerio Breakfast Bar Goldfish Grahams</p> <p>Diced Peaches Grape Juice Milk</p>	<p>15</p> <p>Apple Cinnamon Benefit Bar</p> <p>Banana Milk</p>	<p>16</p> <p>Cocoa Puffs Cereal Goldfish Graham</p> <p>Diced Pears Orange Juice Milk</p>	<p>17</p> <p>Mini Cinni Roll</p> <p>Mixed Fruit Apple Juice Milk</p>
<p>20</p> <p>Apple Cinnamon Muffin Goldfish Grahams</p> <p>Mixed Fruit Apple Juice Milk</p>	<p>21</p> <p>Soft Filled Cocoa Puff Breakfast Bar</p> <p>Diced Pears Grape Juice Milk</p>	<p>22</p> <p>Blueberry Pancake Bites</p> <p>Diced Peaches Orange Juice Milk</p>	<p>23</p> <p>Banana Chocolate Chunk Benefit Bar</p> <p>Fresh Apple Milk</p>	<p>24</p> <p>Frosted Strawberry Pop Tart Goldfish Grahams</p> <p>Diced Pears Apple Juice Milk</p>
<p>27</p> <p>Double Chocolate Chip Muffin Goldfish Grahams</p> <p>Mixed Fruit Apple Juice Milk</p>	<p>28</p> <p>Strawberry Mini Bagels</p> <p>Diced Pears Grape Juice Milk</p>	<p>29</p> <p>Mini Cinni Roll</p> <p>Banana Milk</p>	<p>30</p> <p>Cocoa Puff Cereal Bar Goldfish Graham</p> <p>Diced Peaches Grape Juice Milk</p>	<p>Nutrition Tip: Build strong bones. A good diet and regular physical activity can build strong bones throughout your life. Choose fat-free or low-fat milk, cheeses, and yogurt to get the vitamin D and calcium your growing bones need.</p>

A complete Breakfast is served at all schools.
Choice of Milk Available with Breakfast:
 Low-Fat White, Fat Free White,
 Fat Free Chocolate



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