

# Cresthaven Academy

September 2023

Breakfast

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		<i>All of our food is made fresh Daily.</i>					
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3	<b>4 SCHOOL CLOSED</b>	5 Eggo Mini Blueberry Pancakes 1ea 100% Apple Juice 4oz 100% Orange Juice 4oz 1% Milk 8oz	6 Multi Grain Cheerios 1ea Graham Crackers 3pk Granny Smith Green Apple 1ea 1% Milk 8oz	7 Wrapped Whole Wheat Bagel 2oz Butter Pack .5 oz 100% Grape Juice 4oz 100% Fruit Punch 4oz Fat Free Chocolate Milk 8oz	8 W.G Blueberry Muffin 1ea Fresh Macintosh Apple 1ea 1% Milk 8oz	9	
10	11 Whole Grain Apple Jacks 1ea Graham Crackers 3pk Fresh Macintosh Apple 1ea 1% Milk 8oz	12 Oatmeal Raisin Breakfast Bar 1ea- 2.5oz 100% Apple Juice 4oz 100% Orange Juice 4oz Fat Free chocolate Milk 8oz	13 Whole Grain Cinnamon Toast Crunch 1ea Graham Crackers 3pk Granny Smith Green Apple 1ea 1% Milk 8oz	14 W.G Strawberry Poptart 1ea 100% Grape Juice 4oz 100% Fruit Punch 4oz 1% Milk 8oz	15 W.G Corn Muffin 1ea Fresh Macintosh Apple 1ea 1% Milk 8oz	16	
17	18 Whole Grain Frosted Flakes 1ea Graham Crackers 3pk Fresh Macintosh Apple 1ea 1% Milk 8oz	19 Eggo Mini Maple Pancakes 1ea 100% Apple Juice 4oz 100% Orange Juice 4oz 1% Milk 8oz	20 Whole Grain Fruit Loops 1ea Graham Crackers 3pk Granny Smith Green Apple 1ea 1% Milk 8oz	21 Wrapped Whole Wheat Bagel 2oz Butter Pack .5 oz 100% Grape Juice 4oz 100% Fruit Punch 4oz 1% Milk 8oz	22 W.G Banana Muffin 1ea Fresh Macintosh Apple 1ea 1% Milk 8oz	23	
24	25 Whole Grain Rice Krispies 1ea Graham Crackers 3pk Fresh Macintosh Apple 1ea 1% Milk 8oz	26 Oatmeal Raisin Breakfast Bar 1ea- 2.5oz 100% Apple Juice 4oz 100% Orange Juice 4oz 1% Milk 8oz	27 Whole Grain Apple Jacks 1ea Graham Crackers 3pk Granny Smith Green Apple 1ea 1% Milk 8oz	28 W.G Strawberry Poptart 1ea 100% Grape Juice 4oz 100% Fruit Punch 4oz 1% Milk 8oz	29 W.G Blueberry Muffin 1ea Fresh Macintosh Apple 1ea 1% Milk 8oz	30	