

Cresthaven Academy
Breakfast

September 1 - September 30

What's Cooking Today?

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY |
|------------------------------|---------------------------------|---------------------------|---------------------------------|
| | | | 1 |
| | | | Fresh Peach-1 |
| | | | W/G Superdonut-2.2 oz. |
| | | | Milk-8 oz. |
| | | | |
| 5 | 6 | 7 | 8 |
| LABOR DAY | Applesauce Cup-1/2 c. | Fresh Pear-1 | Fresh Apple-1 |
| | 100% Grape Juice-4 oz. | Whole Wheat Bagel with | W/G Honey Graham Toasters |
| | W/G Cinn. Toasters Cereal-1 oz. | Cream Cheese-1 oz. | Cereal-1 oz. |
| | W/G Graham Crackers-3 | Milk-8 oz. | W/G Blueberry Muffin-2 |
| | Milk-8 oz. | | Milk-8 oz. |
| 12 | 13 | 14 | 15 |
| Fresh Apple-1 | Applesauce Cup-1/2 c. | Fresh Pear-1 | Peach Applesauce Cup-1/2 c. |
| W/G Corn Chex Cereal-1 oz. | 100% Fruit Punch-4 oz. | W/G Plain Bagel with | 100% Apple Juice-4 oz. |
| W/G Graham Crackers-3 | W/G Frosted Flakes-1 oz. | Cream Cheese-1 oz. | W/G Superdonut-2 oz. |
| Milk-8 oz. | W/G Vanilla Bear Grahams-2 | Milk-8 oz. | Milk-8 oz. |
| | Milk-8 oz. | | |
| 19 | 20 | 21 | 22 |
| Applesauce Cup-1/2 c. | Fresh Apple-1 | Fresh Orange-1 | Fresh Pear-1 |
| 100% Grape Juice-4 oz. | W/G Six Cereal - 1 oz. | W/G Croissant with | W/G Cinn. Toasters Cereal-1 oz. |
| W/G Fruit Loops Cereal-1 oz. | W/G Blueberry Muffin-2 oz. | Margarine-1 | W/G Corn Muffin-2 |
| W/G Graham Crackers-3 | Milk-8 oz. | Milk-8 oz. | Milk-8 oz. |
| Milk-8 oz. | | | |
| 26 | 27 | 28 | 29 |
| Fresh Apple-1 | Fresh Orange-1 | Fresh Pear-1 | Fresh Golden Delicious Apple-1 |
| W/G Trix Cereal-1 oz. | W/G Corn Chex Cereal-1 oz. | W/G Cinnamon Raisin Bagel | Strawberry Shredded Wheat |
| W/G Graham Crackers-3 | W/G Pineapple Muffin-2 oz. | with Cream Cheese-1 oz. | Cereal-1 oz. |
| Milk-8 oz. | Milk-8 oz. | Milk-8 oz. | W/G Vanilla Bear Grahams-2 |
| | | | Milk-8 oz. |

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| FRIDAY |
| 2 |
| Fresh Apple-1 |
| W/G Fruit Loops Cereal-1 oz. |
| W/G Strawberry Muffin-2 oz. |
| Milk-8 oz. |
| |
| 9 |
| Fresh Orange-1 |
| W/G Strawberry Pop Tart-2 |
| Milk-8 oz. |
| |
| |
| 16 |
| Fresh Orange-1 |
| Multi Grain Cheerios |
| Cereal-1 oz. |
| Apple Breakfast Bar-1 |
| Milk-8 oz. |
| |
| 23 |
| Fresh Apple-1 |
| W/G Superdonut-2 oz. |
| Milk-8 oz. |
| |
| |
| 30 |
| Fresh Orange-1 |
| W/G Strawberry Pop Tart-2 |
| Milk-8 oz. |
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