



## Morning Max (Peanut Free) : September 2011



Full Student Breakfast Includes Choice of Entrée, Choice of Fruit Side Dish, and Choice of Milk.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>5</b> <b>NO CLASSES: Track A &amp; E</b>  <b>LABOR DAY</b>	<b>6</b> <u>Choose One Entrée</u> Colby Cheese Omelet *Bagel w/ Jelly  Apple Low Fat or Non Fat Milk	<b>7</b> <u>Choose One Entrée</u> Cheesy Grits Cereal w/ Hard Boiled Egg  100% Orange Juice Low Fat or Non Fat Milk	<b>8</b> <u>Choose One Entrée</u> Mini Pancakes w/ Jelly Cereal w/ Reduced Fat Cheddar Cheese Stick  Pear Low Fat or Non Fat Milk	<b>9</b> <u>Choose One Entrée</u> Egg & Potato Breakfast Bowl Cereal w/ *Mini Muffin  Apple Low Fat or Non Fat Milk
<b>12</b> <u>Choose One</u> Beef Sausage *Biscuit Breakfast Sandwich Cereal w/ *Graham Crackers  100% Fruit Punch Low Fat or Non Fat Milk	<b>13</b> <u>Choose One</u> French Toast Sticks w/ Jelly Cereal w/ Light Mozzarella String Cheese  Pear Low Fat or Non Fat Milk	<b>14</b> <u>Choose One</u> Denver Skillet w/ Egg & Turkey Ham Cereal w/ All Natural Fruit Flavored Yogurt  Banana Low Fat or Non Fat Milk	<b>15</b> <u>Choose One Entrée</u> *Cinnamon Oatmeal Cereal w/ *Graham Crackers  Fresh Apple Low Fat or Non Fat Milk	<b>16</b> <u>Choose One Entrée</u> Cheesy Scrambled Eggs *Homemade Oat Bar w/ Reduced Fat Cheddar Cheese Stick  <b>Fresh Local Peach</b> Low Fat or Non Fat Milk
<b>19</b> <u>Choose One Entrée</u> *Pancake Sandwich w/ Turkey Ham Cereal w/ Light Mozzarella String Cheese  Fresh Apple Low Fat or Non Fat Milk	<b>20</b> <u>Choose One Entrée</u> Egg & Cheese on a *Bun *Bagel w/ Jelly  100% Grape Juice Low Fat or Non Fat Milk	<b>21</b> <u>Choose One Entrée</u> Maple Glazed Mini Pancakes Cereal w/ Hard Boiled Egg  <b>Fresh Local Peach</b> Low Fat or Non Fat Milk	<b>22</b> <u>Choose One Entrée</u> Cheesy Grits Cereal w/ *Graham Crackers  100% Apple Juice Low Fat or Non Fat Milk	<b>23</b> <b>NO CLASSES: TRACK A</b> <u>Choose One Entrée</u> Mexican Egg Skillet Cereal w/ *Mini Muffin  Fresh Pear Low Fat or Non Fat Milk
<b>26</b> <u>Choose One Entrée</u> Egg & Cheese on an English Muffin Cereal w/ Reduced Fat Cheddar Cheese Stick  Fresh Apple Low Fat or Non Fat Milk	<b>27</b> <u>Choose One Entrée</u> *French Toast Bake Cereal w/ * Graham Crackers  Fresh Pear Low Fat or Non Fat Milk	<b>28</b> <u>Choose One Entrée</u> *Oatmeal w/ <b>Apple/Blueberry Blend</b> Cereal w/ Hard Boiled Egg  Fresh Banana Low Fat or Non Fat Milk	<b>29</b> <u>Choose One Entrée</u> Turkey Ham & Cheese *Biscuit Breakfast Sandwich *Homemade Smart Bar w/ All Natural Fruit Flavored Yogurt  100% Fruit Punch Low Fat or Non Fat Milk	<b>30</b> <b>NO CLASSES: TRACK E</b> <u>Choose One Entrée</u> Country Chicken Breakfast Sandwich Cereal w/ *Mini Muffin  <b>Fresh Local Peach</b> Low Fat or Non Fat Milk

**Students must choose a minimum of 3 food items from the 4 food items offered. Students may decline up to 1 food item.**

Assorted breakfast cereals are served throughout the month. Cereal choices may include: Kellogg's Corn Flakes, Special K, \*Raisin Bran, \*Rice Krispies, \*Frosted Mini Wheats, \*Kashi Heart to Heart, Organic Milling \*Frosted Flakes, \*Puffed Wheat, and \*Strawberry Crispy Rice. All meals are offered with a choice of milk. Milk choices include skim white or 1% white.

**WHOLE GRAINS:** An asterisk (\*) denotes items on our menu that contain whole grains. We recognize the positive impact whole grains can make on the health of children. We strive to serve at least one whole grain everyday.

**LOCAL:** Bolded fruits & vegetables indicate that they are locally sourced. This initiative is part of our continued commitment to the health & welfare of the students we serve. It is also an opportunity for us to contribute to the local community.

**Did You Know...**  
 Your school can win prizes by participating in **Fuel Up to Play 60** – a school wellness program from the National Dairy Council and NFL that encourages positive eating habits and more physical activity. To learn more, visit [FuelUpToPlay60.com](http://FuelUpToPlay60.com)

