

We've Listened to You with New Items

September 20th and 26th - New Entrees

September 15th and 29th - New Side Item Flavors

September 21st and 27th - New Fresh Fruit Items

Farm-to-School

We Buy Local Produce!

- Illinois- Apple Crunch Day- Alto Pass
- Michigan- Apples from Sparta, Broccoli from Flat Rock, Carrots from Benton Harbor and Grant, Cucumber from Flat Rock, Celery from Wayland, Applesauce and Sliced Apples from Peterson

01
Cheerios
Chocolate Bear Grahams
Craisins
Fresh Pear

04
Labor Day

05
Egg & Cheese on an English Muffin
Craisins
Fruit Juice

06
Turkey Pancake Wrap
Maple Syrup
Fresh Apple
Grape Juice

07
Berry French Toast
Animal Crackers
Diced Peaches
Fresh Orange

08
Apple Jacks Cereal
Jungle Crackers
Peach Applesauce
Craisins

11
Trix Cereal Bar
String Cheese
Grape Juice
Fresh Orange

12
Mini Cinnamon Rolls
Diced Peaches
Apple Juice

13
Egg & Cheese on an English Muffin
Fresh Apple
Fruit Juice

14
Turkey Pancake Wrap
Maple Syrup
Strawberry Applesauce
Grape Juice

15
Apple Cinnamon Muffin
Vanilla Yogurt
New! Mixed Berry Applesauce
Fresh Orange

18
Frosted Strawberry Poptart
String Cheese
Diced Peaches
Fruit Juice

19
Cinnamon Toast Crunch Cereal
Animal Crackers
Craisins
Orange Juice

20
***New!* Country Chicken & Cheese on a Bagel**
Cinnamon Applesauce
Grape Juice

21
Apple Frudel
Fresh Banana
Apple Juice

22
Rice Krispies Cereal
Animal Crackers
Craisins
Fresh Orange

25
Cinnamon Dazzle Ultimate Breakfast Round
Peach Applesauce
Apple Juice

26
***New!* Country Chicken & Cheese on an English Muffin**
Diced Pears
Craisins

27
Blueberry Mini Waffles
Fresh Clementine
Apple Juice

28
Cherry Frudel
Diced Peaches
Fresh Apple

29
Banana Chocolate Bar
New! Peach-Mango Applesauce
Fresh Orange

Did you know...?

Menu Subject to Change

- We only use heart healthy whole grain breads, pastas, and rolls.
- Milk Contains no artificial growth hormones or antibiotics.
- Milk is available with all meals.
- All Juice is 100% Fruit Juice
- *Item Contains Pork +Item Does Not Contain Meat
- ^Item Contains Fish
- Nutrition and Allergen Information available at: <http://www/fspro.com/nutrition.html>

Health & Wellness Message – Breakfast Buzz

Start the new school year off right by joining us for breakfast every day. Did you know that eating school breakfast can help you get good grades and higher test scores?