



Cirrus Breakfast Menu September 2022

Mon	Tue	Wed	Thu	Fri
			1	2
			WG Pancake 2 oz. Link 1 oz. Fruit ½ c. 100% Fruit Juice 4oz Milk 1 c.	WW Cereal 2 oz. WG Crackers 1 oz. Fruit ½ c. 100% Fruit Juice Milk 1 c.
5	6	7	8	9
Labor Day	Asynchronous Day/Staff Planning No Students	WG Super Bun 2 oz. Cheese Stick 1 oz. Fruit ½ c. 100% Fruit Juice 4oz. Milk 1 c.	WG Pancake 2 oz. Link 1 oz. Fruit ½ c. 100% Fruit Juice 4oz Milk 1 c.	WW Cereal 2 oz. WG Crackers 1 oz. Fruit ½ c. 100% Fruit Juice Milk 1 c.
12	13	14	15	16
WW Cereal 2 oz. WG Crackers 1 oz. Fruit ½ c. 100% Fruit Juice Milk 1 c.	<u>Chicken Biscuit</u> WG Biscuit 2 oz. Chicken 1-2 oz. Fruit ½ c. 100% Fruit Juice 4oz. Milk 1c.	WG Super Bun 2 oz. Cheese Stick 1 oz. Fruit ½ c. 100% Fruit Juice 4oz. Milk 1 c.	WG Pancake 2 oz. Link 1 oz. Fruit ½ c. 100% Fruit Juice 4oz Milk 1 c.	WW Cereal 2 oz. WG Crackers 1 oz. Fruit ½ c. 100% Fruit Juice Milk 1 c.
19	20	21	22	23
WW Cereal 2 oz. WG Crackers 1 oz. Fruit ½ c. 100% Fruit Juice Milk 1 c.	<u>Sausage Biscuit</u> WG Biscuit 2 oz. Sausage 1-2 oz. Fruit ½ c. 100% Fruit Juice 4oz. Milk 1c.	WG Super Bun 2 oz. Cheese Stick 1 oz. Fruit ½ c. 100% Fruit Juice 4oz. Milk 1 c.	WG Pancake 2 oz. Link 1 oz. Fruit ½ c. 100% Fruit Juice 4oz Milk 1 c.	WW Cereal 2 oz. WG Crackers 1 oz. Fruit ½ c. 100% Fruit Juice Milk 1 c.
26	27	28	29	30
WW Cereal 2 oz. WG Crackers 1 oz. Fruit ½ c. 100% Fruit Juice Milk 1 c.	<u>Chicken Biscuit</u> WG Biscuit 2 oz. Chicken 1-2 oz. Fruit ½ c. 100% Fruit Juice 4oz. Milk 1c.	WG Super Bun 2 oz. Cheese Stick 1 oz. Fruit ½ c. 100% Fruit Juice 4oz. Milk 1 c.	WG Pancake 2 oz. Link 1 oz. Fruit ½ c. 100% Fruit Juice 4oz Milk 1 c.	WW Cereal 2 oz. WG Crackers 1 oz. Fruit ½ c. 100% Fruit Juice Milk 1 c.

• Menu subject to change