



SMSD K-12 Breakfast

Menu is subject to change

September 2021



Children who eat breakfast show increased ability to learn & have a better academic performance and also a decreased risk of being overweight.

Monday	Tuesday	Wednesday	Thursday	Friday
REMEMBER TO WASH YOUR HANDS BEFORE EVERY MEAL			2 Waffles & Syrup	3 Bagels & Cream Cheese
6 LABOR DAY No School	7 Assorted Yogurt Cups & Mini Chocolate Benefit Bar	8 Egg & Cheese Biscuit Sandwich	9 Pillsbury Cinnamon French Toast	10 Bagel & Cream Cheese
13 Cinnamon Toast Crunch Cereal Graham Crackers	14 Mini Maple Waffles & Syrup	15 Sausage & Egg Breakfast Sandwich	16 WG Pancake Bites & Icing	17 Yogurt Parfaits & Granola Bar
20 Cereal Bars (Apple OR Blueberry) & Yogurt Cups	21 WG Cinnamon & Sugar Donuts & Syrup	22 Breakfast Pizza (Egg-Cheese & Pepperoni)	23 Chocolate Chip Muffins & Yogurt Cups	24 WG Brown Sugar OR Strawberry Pop Tart
27 Assorted Cereal & Graham Crackers	28 Cinnamon Chip Pancakes & Syrup	29 French Toast Sticks & Syrup	30 Yogurt Cups & Muffin	ATTN: May Choose Cereal-Graham Crackers & Milk Daily for Substitution of The Main Entrée

Breakfast Requirements:

2oz Grain (Daily Entrée OR Cereal & Graham Crackers) along with Choice of Items Below:

Must Choose 3:

We Offer Daily:

*Fresh or Prepared Fruit
Chilled 100% Juice*

And

*Non or Low Fat White or
Chocolate Milk*

This USDA School is an Equal Opportunity Provider and Employer

CEREAL CHOICES ARE:

Regular-Honey Nut-Apple Cinnamon
Cheerios | Cocoa Puffs | Cinnamon Toast
Crunch | Lucky Charms | Fruit Loops