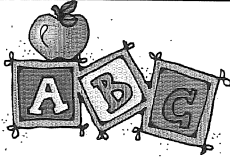


**St. Mary's Institute
Grades PreK-8 Breakfast Menu
September 2017**

If you have any questions, please call the Director of Dining Services

Monday	Tuesday	Wednesday	Thursday	Friday
		6 Egg Patty w/Cheese On an English Muffin Peaches/Raisins Chilled Milk	7 Whole Grain Bagel w/Cream Cheese or Butter Applesauce/Raisins Chilled Milk	8 Whole Grain Flavor Burst Pancakes Fruit Mix/Raisins Chilled Milk
11 Whole Grain Blueberry Muffin Pears/Raisins Chilled Milk	12 Whole Grain Apple Jack Cereal WG Goldfish Crackers Mandarin Oranges Raisins Chilled Milk	13 Egg Patty w/Sausage on an English Muffin 4 oz. 100% Grape Juice Raisins Chilled Milk	14 Whole Grain Mini Waffles Pineapple /Raisins Chilled Milk	15 Whole Grain Bagel w/Cream Cheese or Butter Fresh Apple/Raisins Chilled Milk
18 Whole Grain Flavor Burst Pancakes Peaches/Raisins Chilled Milk	19 Whole Grain Blueberry Muffin Fresh Apple/Raisins Chilled Milk	20 Egg Omelet on an English Muffin Pears/Raisins Chilled Milk	21 Whole Grain Cocoa Puffs Cereal WG Goldfish Crackers Fruit Mix/Raisins Chilled Milk	22 Whole Grain Mini Waffles 4 oz. 100% Orange Juice /Raisins Chilled Milk
25 Whole Grain Bagel w/Cream Cheese or Butter Applesauce/Raisins Chilled Milk	26 Whole Grain Flavor Burst Pancakes Peaches/Raisins Chilled Milk	27 Egg Patty w/Turkey Bacon on an English Muffin Fresh Banana/Raisins Chilled Milk	28 Whole Grain Blueberry Muffin Fresh Apple/Raisins Chilled Milk	29 Whole Grain Frosted Flakes Cereal WG Goldfish Crackers Pears/Raisins Chilled Milk
Daily Breakfast offerings Assorted WG Cereals with WG Crackers or Cheese Stick Fresh and Chilled Fruit Offerings May be in conjunction with 100% Fruit Juice All Meals Served with Milk, 1% White, Fat Free White, Fat Free Chocolate (all antibiotic and hormone free)				

USDA AND THIS INSTITUTION ARE EQUAL OPPORTUNITY PROVIDERS AND EMPLOYERS
MENU SUBJECT TO CHANGE WITHOUT NOTICE

**For a nutritional analysis of this menu please call School Lunch Office
Any delay in the opening of school no breakfast will be served.**