Inola Public Schools Breakfast Menu

Fruit and Juice are served daily

September 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Cinnamon Pop-Tart OR Assorted Cereal Graham Crackers Apple Juice Craisins	**2** Plain Long John OR Assorted Cereal Graham Crackers Raisins Fruit Punch 1% Milk	**3** Cinnamon Roll OR Assorted Cereal Cheese Stick Pineapple Tidbits Grape Juice 1% Milk
6 No School	**7** Mini Pancakes OR Assorted Cereal Strawberry Go-Gurt Craisins Apple Juice 1% Milk	**8** Brekkie OR Assorted Cereal Graham Crackers Sliced Pears Orange Juice 1% Milk	**9** Cinnamon Pop-Tart Cheese Stick OR Assorted Cereal Cheese Stick Fresh Apple Fruit Punch 1% Milk	**10** Southern Chicken Biscuit OR Assorted Cereal Graham Crackers Pineapple Tidbits Grape Juice 1% Milk
13 No School	**14** Blueberry Snackbread Cheese Stick OR Assorted Cereal Cheese Stick Apple Juice Banana 1% Milk	**15** Mini Donut OR Assorted Cereal Graham Crackers Craisins Orange Juice 1% Milk	**16** Sausage Breakfast Biscuit OR Choice of Cereal Strawberry Yogurt Fresh Grapes Apple Juice 1% Milk	**17** French Toast Snackbread Graham Crackers OR Assorted Cereal Graham Crackers Pineapple Tidbits Grape Juice 1% Milk
20 No School	**21** French Toast Sticks OR Assorted Cereal Cheese Stick Craisins Orange Juice 1% Milk	**22** Brekkie OR Choice of Cereal Graham Crackers Diced Peaches Orange Juice 1% Milk	**23** Biscuits & Gravy OR Assorted Cereal Strawberry Go-Gurt Applesauce Fruit Punch 1% Milk	**24** Breakfast Burrito OR Choice of Cereal Cheese Stick Diced Pears Grape Juice 1% Milk
27 No school	**28** Apple Bosco Stick OR Choice of Cereal Vanilla Yogurt Diced Peaches Orange Juice 1% Milk	**29** Banana Chocolate Loaf OR Choice of Cereal Cheese Stick Fresh Grapes Orange Juice 1% Milk	**30** Strawberry Pop-Tart OR Choice of Cereal Graham Crackers Banana Apple Juice 1% Milk	**1**

PRICES

All Students FREE

EXTRA INFO

1% White Milk
is included with breakfast.
For questions or comments contact Rebecca Lamantia, FSD at: 918-543-6282
Or email rlamantia@inola.k12.ok.us

HARVEST OF THE MONTH

Your MENUS plus more information on our app Taher Food4Life®

www.taher.com

Menus are subject to change without notice. This institution is an equal opportunity provider.