

September 2018

JUST A DASH CATERING

BREAKFAST

School Information:
MENU ITEMS SUBJECT TO CHANGE
DUE TO PRODUCT AVAILABILITY



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.

This Institution is an equal opportunity employer



Monday

WG Pop Tart
Choice of Milk
Fresh Fruit

Tuesday

Chocolate Chip Muffin
Choice of Milk
Fresh Fruit

Wednesday

Warm Strawberry Bagel
Choice of Milk
Fresh Fruit

Thursday

WG Apple Muffin
Choice of Milk
Fresh Fruit

Friday

WG Blueberry Loaf
Choice of Milk
Fresh Fruit

WG Bagelful Cream Cheese
Choice of Milk
Fresh Fruit

10

WG Warm Cinnamon
Twist
Choice of Milk
Fresh Fruit

11

WG Maple Waffles
Choice of Milk
Fresh Fruit

12

Banana Bread
Choice of Milk
Fresh Fruit

13

WG Warm Raisin Bagel
Cream Cheese
Choice of Milk
Fresh Fruit

14

WG Warm Cherry Strudel
Choice of Milk
Fresh Fruit

17

WG Blueberry Pancake
a Stick
Choice of Milk
Fresh Fruit

18

Warm Apple Strudel
Choice of Milk
Fresh Fruit

19

Blueberry Muffin
Choice of Milk
Fresh Fruit

20

WG Glazed Donut
Choice of Milk
Fresh Fruit

21

WG Pancake
Choice of Milk
Fresh Fruit

24

Chocolate Chip Muffin
Choice of Milk
Fresh Fruit

25

WG Mini Cinni
Choice of Milk
Fresh Fruit

26

WG Pancake on a Stick
Choice of Milk
Fresh Fruit

27

WG Warm Cinnamon
Choice of Milk
Fresh Fruit

28

