



# SEPTEMBER 2023

## Brownsville Area Elementary School

### Fuel up at Breakfast!

- Choose at least 3 items (4 for maximum fuel)
- Take ½ cup fruit and or 100% Fruit Juice (or both)

Monday

Tuesday

Wednesday

Thursday

Friday

Labor Day  
No School

4

Eggo Mini Maple Waffles  
Strawberry Applesauce  
Fruit Punch Juice Box  
FF Chocolate Milk  
1% White Milk

5

Strawberry Pop Tarts  
Fresh Sliced Apples  
Orange Tangerine Juice Box  
FF Chocolate Milk  
1% White Milk

6

Banana Muffin  
Orange Wedges  
Apple Juice Box  
FF Chocolate Milk  
1% White Milk

7

Apple Frudel  
Strawberry Craisins  
Very Berry Juice Box  
FF Chocolate Milk  
1% White Milk

1

Pillsbury MiniCinnis  
Cherry Craisins  
Very Berry Juice Box  
FF Chocolate Milk  
1% White Milk

8

Lucky Charms Cereal Bar  
Peach Cup  
Apple Juice Box  
FF Chocolate Milk  
1% White Milk

11

Strawberry Mini Bagelfuls  
Blue Raspberry Applesauce  
Fruit Punch Juice Box  
FF Chocolate Milk  
1% White Milk

12

Cinnamon Pop Tarts  
Fresh Sliced Apples  
Orange Tangerine Juice Box  
FF Chocolate Milk  
1% White Milk

13

Blueberry Muffin  
Orange Wedges  
Apple Juice Box  
FF Chocolate Milk  
1% White Milk

14

Cherry Frudel  
Watermelon Craisins  
Very Berry Juice Box  
FF Chocolate Milk  
1% White Milk

15

Cinn Toast Crunch Cereal Bar  
Pear Cup  
Apple Juice Box  
FF Chocolate Milk  
1% White Milk

18

Pwdr Sugar Mini Donuts  
Mixed Berry Applesauce  
Fruit Punch Juice Box  
FF Chocolate Milk  
1% White Milk

19

Apple Turnover  
Fresh Sliced Apples  
Orange Tangerine Juice Box  
FF Chocolate Milk  
1% White Milk

20

Chocolate Pop Tarts  
Orange Wedges  
Apple Juice Box  
FF Chocolate Milk  
1% White Milk

21

Strawberryboli  
Cherry Craisins  
Very Berry Juice Box  
FF Chocolate Milk  
1% White Milk

22

Cookies & Crème Benefit Bar  
Pineapple Cup  
Apple Juice Box  
FF Chocolate Milk  
1% White Milk

25

Maple Snack 'N Waffle  
Watermelon Applesauce  
Fruit Punch Juice Box  
FF Chocolate Milk or  
1% White Milk

26

Trix Cereal  
Fresh Sliced Apples  
Orange Tangerine Juice Box  
FF Chocolate Milk  
1% White Milk

27

Dunkin' Stick  
Orange Wedges  
Apple Juice Box  
FF Chocolate Milk  
1% White Milk

28

Super Bakery Cinnamon Roll  
Watermelon Craisins  
Very Berry Juice Box  
FF Chocolate Milk  
1% White Milk

29

BASD participates in the "National School Breakfast Program." All students receive a complimentary breakfast meal each school day. Per USDA School Breakfast Program Regulations, a complete breakfast offering includes: (2) one oz. equivalents of grain, 80% of which is "whole grain rich" **OR** (1) one oz. equivalent serving grains and (1) one oz. meat/meat alternate and (2) ½ cup portions of fruit (may be fresh, canned, dried or 100% juice) or vegetable, and (1) ½ pint of 1% or FF milk. Daily milk choice includes FF Chocolate or 1% White. \*If all components of a complete breakfast are not selected, ala cart prices are in effect, as required by USDA. **BASD is an equal opportunity employer and provider.**