

MONDAY

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No School - Labor Day

TUESDAY

3

- Main Entrees**
- Turkey Sausage & Cheese Biscuit
- Alternate Entrees**
- Corn Chex
 - Cinnamon Oatmeal
 - Blueberry Muffin
 - Banana Muffin
 - Double Chocolate Chip Muffin
 - Cinnamon Toast Crunch Cereal
 - Cocoa Puffs Cereal
 - Lucky Charms
 - Cinnamon Toast Crunch Cereal Bar
 - Cocoa Puffs Cereal Bar
 - Frosted Cinnamon Pop-Tart
 - Frosted Strawberry Pop-Tart
 - Low Fat Mozzarella String Cheese
- Milk & Condiments**
- 1% Low-fat Milk
 - Chocolate Skim Milk
 - Strawberry Skim Milk
- Sides for All Meals**
- Low Fat Mozzarella String Cheese
 - Assorted Fruit Juice
 - Fresh Red Delicious Apple

WEDNESDAY

4

- Main Entrees**
- Pancakes
 - Syrup
- Alternate Entrees**
- Corn Chex
 - Cinnamon Oatmeal
 - Blueberry Muffin
 - Banana Muffin
 - Double Chocolate Chip Muffin
 - Cinnamon Toast Crunch Cereal
 - Cocoa Puffs Cereal
 - Lucky Charms
 - Cinnamon Toast Crunch Cereal Bar
 - Cocoa Puffs Cereal Bar
 - Frosted Cinnamon Pop-Tart
 - Frosted Strawberry Pop-Tart
 - Honey Graham Crackers
- Milk & Condiments**
- 1% Low-fat Milk
 - Chocolate Skim Milk
 - Strawberry Skim Milk
- Sides for All Meals**
- Turkey Sausage Patty
 - Assorted Fruit Juice
 - Fresh Red Delicious Apple

THURSDAY

5

- Main Entrees**
- Colby Cheese Omelet
 - Sliced Whole Grain toast
- Alternate Entrees**
- Corn Chex
 - Cinnamon Oatmeal
 - Blueberry Muffin
 - Banana Muffin
 - Double Chocolate Chip Muffin
 - Cinnamon Toast Crunch Cereal
 - Cocoa Puffs Cereal
 - Lucky Charms
 - Cinnamon Toast Crunch Cereal Bar
 - Cocoa Puffs Cereal Bar
 - Frosted Cinnamon Pop-Tart
 - Frosted Strawberry Pop-Tart
 - Low Fat Mozzarella String Cheese
- Milk & Condiments**
- 1% Low-fat Milk
 - Chocolate Skim Milk
 - Strawberry Skim Milk
- Sides for All Meals**
- Assorted Fruit Juice
 - Fresh Red Delicious Apple

FRIDAY

6

- Main Entrees**
- Chicken Biscuit Sandwich
- Alternate Entrees**
- Corn Chex
 - Cinnamon Oatmeal
 - Blueberry Muffin
 - Banana Muffin
 - Double Chocolate Chip Muffin
 - Cinnamon Toast Crunch Cereal
 - Cocoa Puffs Cereal
 - Lucky Charms
 - Cinnamon Toast Crunch Cereal Bar
 - Cocoa Puffs Cereal Bar
 - Frosted Cinnamon Pop-Tart
 - Frosted Strawberry Pop-Tart
 - Honey Graham Crackers
- Milk & Condiments**
- 1% Low-fat Milk
 - Chocolate Skim Milk
 - Strawberry Skim Milk
- Sides for All Meals**
- Low Fat Mozzarella String Cheese
 - Assorted Fruit Juice
 - Fresh Red Delicious Apple

9

- Main Entrees**
- Pancakes
 - Syrup
- Alternate Entrees**
- Cinnamon Toast Crunch Cereal
 - Peachy Cinnamon Oatmeal
 - Blueberry Muffin
 - Banana Muffin
 - Double Chocolate Chip Muffin
 - Cocoa Puffs Cereal
 - Lucky Charms
 - Cinnamon Toast Crunch Cereal Bar
 - Cocoa Puffs Cereal Bar
 - Frosted Cinnamon Pop-Tart
 - Frosted Strawberry Pop-Tart
 - Honey Graham Crackers
- Milk & Condiments**
- 1% Low-fat Milk
 - Chocolate Skim Milk
 - Strawberry Skim Milk
- Sides for All Meals**
- Turkey Sausage Patty
 - Assorted Fruit Juice
 - Fresh Fuji Apple

10

- Main Entrees**
- Scrambled Eggs
- Alternate Entrees**
- Cinnamon Toast Crunch Cereal
 - Peachy Cinnamon Oatmeal
 - Blueberry Muffin
 - Banana Muffin
 - Double Chocolate Chip Muffin
 - Cocoa Puffs Cereal
 - Lucky Charms
 - Cinnamon Toast Crunch Cereal Bar
 - Cocoa Puffs Cereal Bar
 - Frosted Cinnamon Pop-Tart
 - Frosted Strawberry Pop-Tart
 - Low Fat Mozzarella String Cheese
- Milk & Condiments**
- 1% Low-fat Milk
 - Chocolate Skim Milk
 - Strawberry Skim Milk
- Sides for All Meals**
- Sliced Whole Grain toast
 - Low Fat Mozzarella String Cheese
 - Assorted Fruit Juice
 - Fresh Fuji Apple

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- Main Entrees**
- Whole Grain Waffles
 - Syrup
- Alternate Entrees**
- Cinnamon Toast Crunch Cereal
 - Peachy Cinnamon Oatmeal
 - Blueberry Muffin
 - Banana Muffin
 - Double Chocolate Chip Muffin
 - Cocoa Puffs Cereal
 - Lucky Charms
 - Cinnamon Toast Crunch Cereal Bar
 - Cocoa Puffs Cereal Bar
 - Frosted Cinnamon Pop-Tart
 - Frosted Strawberry Pop-Tart
 - Honey Graham Crackers
- Milk & Condiments**
- 1% Low-fat Milk
 - Chocolate Skim Milk
 - Strawberry Skim Milk
- Sides for All Meals**
- Turkey Sausage Patty
 - Assorted Fruit Juice
 - Fresh Fuji Apple

12

- Main Entrees**
- Bacon, Egg, & Cheese on a Biscuit
- Alternate Entrees**
- Cinnamon Toast Crunch Cereal
 - Peachy Cinnamon Oatmeal
 - Blueberry Muffin
 - Banana Muffin
 - Double Chocolate Chip Muffin
 - Cocoa Puffs Cereal
 - Lucky Charms
 - Cinnamon Toast Crunch Cereal Bar
 - Cocoa Puffs Cereal Bar
 - Frosted Cinnamon Pop-Tart
 - Frosted Strawberry Pop-Tart
 - Low Fat Mozzarella String Cheese
- Milk & Condiments**
- 1% Low-fat Milk
 - Chocolate Skim Milk
 - Strawberry Skim Milk
- Sides for All Meals**
- Low Fat Mozzarella String Cheese
 - Assorted Fruit Juice
 - Fresh Fuji Apple

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- Main Entrees**
- Bagel
 - Light Cream Cheese
- Alternate Entrees**
- Cinnamon Toast Crunch Cereal
 - Peachy Cinnamon Oatmeal
 - Blueberry Muffin
 - Banana Muffin
 - Double Chocolate Chip Muffin
 - Cocoa Puffs Cereal
 - Lucky Charms
 - Cinnamon Toast Crunch Cereal Bar
 - Cocoa Puffs Cereal Bar
 - Frosted Cinnamon Pop-Tart
 - Frosted Strawberry Pop-Tart
 - Honey Graham Crackers
- Milk & Condiments**
- 1% Low-fat Milk
 - Chocolate Skim Milk
 - Strawberry Skim Milk
- Sides for All Meals**
- Assorted Fruit Juice
 - Fresh Fuji Apple

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No School - Professional Development Day

17

- Main Entrees**
- Fresh Baked Biscuit
 - Sausage Gravy
- Alternate Entrees**
- Cocoa Puffs Cereal
 - Blueberry Muffin
 - Banana Muffin
 - Double Chocolate Chip Muffin
 - Cinnamon Toast Crunch Cereal
 - Lucky Charms
 - Cinnamon Toast Crunch Cereal Bar
 - Cocoa Puffs Cereal Bar
 - Frosted Cinnamon Pop-Tart
 - Frosted Strawberry Pop-Tart
 - Low Fat Mozzarella String Cheese
- Milk & Condiments**
- 1% Low-fat Milk
 - Chocolate Low Fat Milk
 - Strawberry Low Fat Milk
- Sides for All Meals**
- Assorted Fruit Juice
 - Fresh Whole Fruit

18

- Main Entrees**
- Iced Cinnamon Roll
- Alternate Entrees**
- Cocoa Puffs Cereal
 - Blueberry Muffin
 - Banana Muffin
 - Double Chocolate Chip Muffin
 - Cinnamon Toast Crunch Cereal
 - Lucky Charms
 - Cinnamon Toast Crunch Cereal Bar
 - Cocoa Puffs Cereal Bar
 - Frosted Cinnamon Pop-Tart
 - Frosted Strawberry Pop-Tart
 - Honey Graham Crackers
- Milk & Condiments**
- 1% Low-fat Milk
 - Chocolate Low Fat Milk
 - Strawberry Low Fat Milk
- Sides for All Meals**
- Turkey Sausage Patty
 - Assorted Fruit Juice
 - Fresh Whole Fruit

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- Main Entrees**
- Cherry Frudel
- Alternate Entrees**
- Cocoa Puffs Cereal
 - Blueberry Muffin
 - Banana Muffin
 - Double Chocolate Chip Muffin
 - Cinnamon Toast Crunch Cereal
 - Lucky Charms
 - Cinnamon Toast Crunch Cereal Bar
 - Cocoa Puffs Cereal Bar
 - Frosted Cinnamon Pop-Tart
 - Frosted Strawberry Pop-Tart
 - Low Fat Mozzarella String Cheese
- Milk & Condiments**
- 1% Low-fat Milk
 - Chocolate Low Fat Milk
 - Strawberry Low Fat Milk
- Sides for All Meals**
- Low Fat Mozzarella String Cheese
 - Assorted Fruit Juice
 - Fresh Whole Fruit

20

- Main Entrees**
- Chicken Biscuit Sandwich
- Alternate Entrees**
- Cocoa Puffs Cereal
 - Blueberry Muffin
 - Banana Muffin
 - Double Chocolate Chip Muffin
 - Cinnamon Toast Crunch Cereal
 - Lucky Charms
 - Cinnamon Toast Crunch Cereal Bar
 - Cocoa Puffs Cereal Bar
 - Frosted Cinnamon Pop-Tart
 - Frosted Strawberry Pop-Tart
 - Honey Graham Crackers
- Milk & Condiments**
- 1% Low-fat Milk
 - Chocolate Low Fat Milk
 - Strawberry Low Fat Milk
- Sides for All Meals**
- Low Fat Mozzarella String Cheese
 - Assorted Fruit Juice
 - Fresh Whole Fruit

23**Main Entrees**

- Whole Grain Waffles
- Syrup

Alternate Entrees

- Golden Grahams
- Blueberry Muffin
- Banana Muffin
- Double Chocolate Chip Muffin
- Cinnamon Toast Crunch Cereal
- Cocoa Puffs Cereal
- Lucky Charms
- Cinnamon Toast Crunch Cereal Bar
- Cocoa Puffs Cereal Bar
- Frosted Cinnamon Pop-Tart
- Frosted Strawberry Pop-Tart
- Honey Graham Crackers

Milk & Condiments

- 1% Low-fat Milk
- Chocolate Low Fat Milk
- Strawberry Low Fat Milk

Sides for All Meals

- Turkey Sausage Patty
- Assorted Fruit Juice
- Assorted Chilled Fruit

24**Main Entrees**

- Skewered Turkey Sausage Pancake
- Syrup

Alternate Entrees

- Golden Grahams
- Blueberry Muffin
- Banana Muffin
- Double Chocolate Chip Muffin
- Cinnamon Toast Crunch Cereal
- Cocoa Puffs Cereal
- Lucky Charms
- Cinnamon Toast Crunch Cereal Bar
- Cocoa Puffs Cereal Bar
- Frosted Cinnamon Pop-Tart
- Frosted Strawberry Pop-Tart
- Low Fat Mozzarella String Cheese

Milk & Condiments

- 1% Low-fat Milk
- Chocolate Low Fat Milk
- Strawberry Low Fat Milk

Sides for All Meals

- Low Fat Mozzarella String Cheese
- Assorted Fruit Juice
- Assorted Chilled Fruit

25**Main Entrees**

- Pancakes
- Syrup

Alternate Entrees

- Golden Grahams
- Blueberry Muffin
- Banana Muffin
- Double Chocolate Chip Muffin
- Cinnamon Toast Crunch Cereal
- Cocoa Puffs Cereal
- Lucky Charms
- Cinnamon Toast Crunch Cereal Bar
- Cocoa Puffs Cereal Bar
- Frosted Cinnamon Pop-Tart
- Frosted Strawberry Pop-Tart
- Honey Graham Crackers

Milk & Condiments

- 1% Low-fat Milk
- Chocolate Low Fat Milk
- Strawberry Low Fat Milk

Sides for All Meals

- Turkey Sausage Patty
- Assorted Fruit Juice
- Assorted Chilled Fruit

26**Main Entrees**

- Turkey Sausage & Cheese Biscuit

Alternate Entrees

- Golden Grahams
- Blueberry Muffin
- Banana Muffin
- Double Chocolate Chip Muffin
- Cinnamon Toast Crunch Cereal
- Cocoa Puffs Cereal
- Lucky Charms
- Cinnamon Toast Crunch Cereal Bar
- Cocoa Puffs Cereal Bar
- Frosted Cinnamon Pop-Tart
- Frosted Strawberry Pop-Tart
- Low Fat Mozzarella String Cheese

Milk & Condiments

- Chocolate Skim Milk
- Chocolate Low Fat Milk
- Strawberry Low Fat Milk

Sides for All Meals

- Low Fat Mozzarella String Cheese
- Assorted Fruit Juice
- Assorted Chilled Fruit

27**Main Entrees**

- Blueberry Bagel
- Light Cream Cheese

Alternate Entrees

- Golden Grahams
- Blueberry Muffin
- Banana Muffin
- Double Chocolate Chip Muffin
- Cinnamon Toast Crunch Cereal
- Cocoa Puffs Cereal
- Lucky Charms
- Cinnamon Toast Crunch Cereal Bar
- Cocoa Puffs Cereal Bar
- Frosted Cinnamon Pop-Tart
- Frosted Strawberry Pop-Tart
- Honey Graham Crackers

Milk & Condiments

- Chocolate Skim Milk
- Chocolate Low Fat Milk
- Strawberry Low Fat Milk

Sides for All Meals

- Low Fat Mozzarella String Cheese
- Assorted Fruit Juice
- Assorted Chilled Fruit

30**Main Entrees**

- Whole Grain French Toast Sticks
- Syrup

Alternate Entrees

- Corn Chex
- Golden Grahams
- Blueberry Muffin
- Banana Muffin
- Double Chocolate Chip Muffin
- Cinnamon Toast Crunch Cereal
- Cocoa Puffs Cereal
- Lucky Charms
- Cinnamon Toast Crunch Cereal Bar
- Cocoa Puffs Cereal Bar
- Frosted Cinnamon Pop-Tart
- Frosted Strawberry Pop-Tart
- Honey Graham Crackers

Milk & Condiments

- 1% Low-fat Milk
- Chocolate Low Fat Milk
- Strawberry Low Fat Milk

Sides for All Meals

- Turkey Sausage Patty
- Assorted Fruit Juice
- Assorted Chilled Fruit

Menus Subject to Change We try our best to serve our menus as posted; however, sometimes last minute changes occur. Please check with the cafe manager prior to the meal if you have any concerns.

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More Details: mvr3.nutrislice.com/menu/truman-elementary/breakfast/

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