

BADR Breakfast

September 1 - September 30

What's Cooking Today?

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		2	3 Peach Applesauce Cup -1/2c Fruit Punch -4oz W/G Apple Cinnamon Poffitz Pancakes -1 Milk-8 oz.	4 Fresh Pear-1 W/G Croissant w/ Jelly - 2.2oz Milk-8 oz.
7 apple sauce Multigrain Cheerios - 1oz. W/G Graham Crackers -3pk Milk-8 oz.	8 Fresh Orange-1 Multigrain Cheerios - 1oz. Apple Breakfast Bar - 1 Milk-8 oz.	9 Pineapple Cup - 1/2c 100% Apple Juice-4oz W/G White Bagel with Cream Cheese -1 Milk-8oz	10 Diced Pear Cup - 1/2c. 100% Fruit Punch-4oz W/G Poffitz Pancakes-1 Milk-8 oz.	11 Mixed Fruit Cup - 1/2c 100% Strawberry-Kiwi Juice-4oz W/G Trix Cereal -1oz W/G Blueberry Muffin -2oz Milk-8oz
14 Fresh Apple-1 W/G Fruit Loops Cereal -1oz. W/G Graham Crackers-3pk Milk-8 oz.	15 Peach Applesauce Cup-1/2c 100% Fruit Punch-4 oz. W/G Lemon Bread Slice-1 Milk-8 oz.	16 Applesauce Cup-1/2c 100% Apple Juice-4oz W/G Wheat Bagel w/ Butter -1 Milk-8oz	17 Fresh Orange - 1 W/G Pull Apart Glazed Cluster-1 Milk-8 oz.	18 Mixed Fruit Cup - 1/2c. 100% Apple Juice - 4oz W/G Superdonut - 1 Milk-8 oz.
21 Fresh Apple-1 W/G Frosted Flakes -1oz. W/G Graham Crackers-3pk Milk-8 oz.	22 Peach Applesauce Cup -1/2c Fruit Punch -4oz W/G Apple Cinnamon Poffitz Pancakes -1 Milk-8 oz.	23 Pineapple Cup - 1/2c 100% Fruit Punch -4oz W/G Powdered Mini Donut Holes-1 Milk-8oz	24 Applesauce Cup -1/2c 100% Orange-Tang Juice-4oz W/G Honey Scooters-1oz W/G Scooby Snacks-1 Milk-8 oz.	25 Mandarin Orange Cup - 1/2c 100% Grape Juice - 4oz. cinnamon crunch-1oz. W/G Blueberry Muffin-2oz Milk-8 oz.
28 Fresh Apple-1 W/G Trix Cereal -1oz W/G Apple Breakfast Bar-1 Milk-8 oz.	29 Fresh Orange-1 Multigrain Cheerios - 1oz. W/G Graham Crackers -3pk Milk-8 oz.	30 Applesauce Cup-1/2c 100% Apple Juice-4oz W/G bagel Bagel w/ Cream Cheese -1 Milk-8oz		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Spaghetti & Turkey Meatballs-5 oz. Peas-1/2 c. Banana-1 Italian Bread-1 Milk-8 oz.	Turkey & Cheese Sub-3 oz. Fresh Baby Carrots-1/2 c. Apple-1 Potato Chips-1/2 oz. Milk-8 oz.	Cheese Pizza w/ Extra Cheese-5 oz. Tossed Salad w/Dressing-1/2 c. Applesauce Cup-1/2 c. Milk-8 oz.
	1	2	3 W/G Chicken Fries -8 Sweet Potato Fries - 1c Fresh Banana-1 Whole Grain Bread -1 Milk -8oz	4 25 Whole Wheat 3x5 Cheese Pizza-2 Romaine Salad w/ Dressing-1.5c. Fresh Orange -1 Milk - 8oz
7 sunflower butter and Jelly	8 Beef Tacos w/ Shredded Cheddar Cheese on W/G Flour Tortillas -2 Vegetarian Beans -3/4c Fresh Pear-1 Milk -8oz	9 Cheese Lasagna with Spaghetti Sauce-4 oz. Green Beans-3/4c. Whole Wheat Dinner Roll - 1 Fresh Pear-1 Milk -8oz	10 BREAKFAST FOR LUNCH French Toast Sticks-3 w/Syrup Turkey Sausage Patty-2oz Black Bean & Corn Salad - 3/4c Fresh Banana-1 Milk - 8oz	11 Whole Wheat 3x5 Cheese Pizza-2 Romaine Salad w/ Dressing-1.5c. Fresh Orange -1 Milk - 8oz
14 W/G Macaroni & Cheese -6oz Mixed Vegetables - 3/4c Diced Peach Cup - 1/2c Wheat Dinner Roll - 1 Milk - 8oz	15 W/G Popcorn Chicken-3.8 oz. w/ Sweet & Sour Sauce Vegetarian Beans-3/4c Fresh Apple-1 Whole Grain Bread - 1 Milk - 8oz	16 Beef Meatballs Parmigiana on Wheat Sub - 1 Diced Carrots -1c Fresh Pear-1 Milk -8oz	17 Beef Nachos w/ Cheddar Cheese Sauce on W/G Tortilla Scoops -1 Celery Sticks w/ Dip- 3/4c Fresh Banana-1 Milk - 8oz	18 Whole Wheat 3x5 Cheese Pizza-2 Romaine Salad w/ Dressing-1.5c. Fresh Orange -1 Milk - 8oz
21 W/G Chicken Fingers -3 Vegetarian Beans - 3/4c Whole Grain Bread -1 Strawberry Craisins - 1/2c Milk - 8oz	22 W/G Cheese Ravioli w/ regular Sauce -3oz Corn - 3/4c Whole Grain Bread - 1 Fresh Apple-1 Milk - 8oz	23 All Beef Hamburger on Wheat Hamburger Bun - 1 Sweet Potato Fries- 1c Fresh Apple-1 Milk - 8oz	24 Tri Color Tortellini w/ Alfredo Sauce - 3oz Diced Carrots -1c Fresh Banana-1 Wheat Dinner Roll-1 Milk-8oz	25 Whole Wheat 3x5 Cheese Pizza-2 Romaine Salad w/ Dressing-1.5c. Fresh Orange -1 Milk - 8oz
28 W/G Breaded Chicken Patty on Wheat Bun -1 Vegetarian Beans - 3/4c Cherry Craisins - 1/2c Milk - 8oz	29 Turkey & Cheese on Wheat Hamburger Bun - 1 Potato Salad Cup - 3/4c Fresh Apple-1 Milk - 8oz	30 W/G Toasted Cheese Sandwich -1 Celery Sticks -3/4c w/ Dip Fresh Pear-1 Milk- 8oz		