

# SEPTEMBER 2023

## Byers School District 32J

Daily Alternate Breakfast  
Cereal/Toast  
Fruit  
Milk/Juice

**Monday**
**Tuesday**
**Wednesday**
**Thursday**
**Friday**

Apple Frudel  
Fruit  
Milk/Juice

**1**

No School

**4**

Breakfast Cookie  
Fruit  
Milk/Juice

**5**

Muffin & Yogurt  
Fruit  
Milk/Juice

**6**

Cereal Bar  
Fruit  
Milk/Juice

**7**

Sausage Scramble  
Fruit  
Milk/Juice

**8**

Biscuits and Gravy  
Fruit  
Milk/Juice

**11**

Pancake on a Stick  
Fruit  
Milk/Juice

**12**

Breakfast Sandwich  
Fruit  
Milk/Juice

**13**

Belgium Waffle  
Fruit  
Milk/Juice

**14**

No School

**15**

Biscuits and Gravy  
Fruit  
Milk/Juice

**18**

Breakfast Cookie  
Fruit  
Milk/Juice

**19**

Muffin & Yogurt  
Fruit  
Milk/Juice

**20**

Cereal Bar  
Fruit  
Milk/Juice

**21**

Bagel w/ Cream Cheese  
Fruit  
Milk/Juice

**22**

Biscuits and Gravy  
Fruit  
Milk/Juice

**25**

Pancake on a Stick  
Fruit  
Milk/Juice

**26**

Breakfast Sandwich  
Fruit  
Milk/Juice

**27**

Belgium Waffle  
Fruit  
Milk/Juice

**28**

Sausage Scramble  
Fruit  
Milk/Juice

**29**